



Issue No 212, 22<sup>nd</sup> June 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. **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/](http://www.chex.org.uk/subscribe/)

The next issue of Snippets will be **Thursday 12<sup>th</sup> July** so please send anything you would like to be included before Tuesday 10<sup>th</sup>. 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  
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## **CHEX News**

### **CHEX response to Integration of Adult Health and Social Care in Scotland Consultation**

CHEX has drafted a response to the Integration of Adult Health and Social Care in Scotland Consultation, and is now inviting the CHEX Network to contribute to this response.

The consultation sets out proposals to inform and change the way that the NHS and Local Authorities work together and in partnership with the third and independent sectors. Proposals include changes to how adult health and social care services are planned and delivered, aiming towards a seamless experience from the perspective of the patient, service user or carer. It also outlines improvements to integrating health and social care services which are not limited to older people, but extend to all adult health and social care services. View the consultation documents on the [Scottish Government website](#).

The draft CHEX response is available [here](#) and, if you would like to contribute to our final response please email your comments to [Janet Muir](#) by the **17th August 2012**. If you wish to submit your own response directly the closing date is the 11th September 2012.

### **SCDC support for community groups**

Community groups, including those in the field of community health, are invited to apply for support as part of the Achieving Community Empowerment (ACE) programme. The programme is provided by CHEX's parent organisation, the Scottish Community Development Centre (SCDC), providing at least 10 days of support for at least 10 groups per year. The support focuses on:

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

[Click here](#) to download the ACE flyer which has If you are interested in applying for ACE support just let us know and we'll send you an application form and guidance notes. Contact Alison Hamill at SCDC to express interest in the programme – Alison will send you an application form and guidance notes. Email [alison@scdc.org.uk](mailto:alison@scdc.org.uk) or phone on 0141 248 1924/1964

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## General Information

### Change Fund: Enhancing the Role of the Third Sector Programme

This programme is being delivered in partnership between Long Term Conditions Alliance Scotland (LTCAS), Voluntary Action Scotland (VAS), Coalition of Care and Support Providers in Scotland (CCPS), Scottish Council for Voluntary Organisations (SCVO) and Scottish Federation of Housing Associations (SFHA). It is designed to boost the influence and impact of the sector within the Reshaping Care for Older People (RCOP) Change Fund and aims to:

- Provide a central policy, research and evaluation resource to the sector in relation to health and social care
- Support sharing of learning, exchange of good practice and 'scaling up' of successful approaches
- Build on existing research to provide a picture of the third sector's experience of the Change Fund and reflect this back to the Scottish Government
- Seek to develop closer linkage between national and local third sector organisations, including Third Sector Interfaces
- Work with third sector organisations to increase the voice of older people and unpaid carers within the RCOP agenda

The programme is funded by the Scottish Government Third Sector Division and Joint Improvement Team. To find out more visit [the LTCAS website](#).

### Scottish Community Alliance links to community-led health

The [Scottish Community Alliance](#) was established a few years ago to try to encourage better communication and understanding between the different parts of the sector. The Alliance is beginning to make some progress in this respect – sending out a fortnightly briefing, Local People Leading, as one means of maintaining regular communication between its supporters. Some of the groups which support the SCA have a direct impact on local health issues, and many are related to health – transport, the arts, housing, credit unions, recycling and re-use, environmental concerns, community growing, land ownership and economic development.

Recognising that Scotland's community sector is incredibly diverse, and that a wide range of specialised networks and intermediary organisations have evolved with the purpose of supporting and encouraging local groups, the Alliance would now like to make more connections within the community-led health sector. The Alliance is keen to promote all the fantastic work that is going on locally in the community-health field to an even wider audience.

Please contact Angus Hardie, Director, Scottish Community Alliance, 54 Manor Place, Edinburgh, EH3 7EH, [angus@scottishcommunityalliance.org.uk](mailto:angus@scottishcommunityalliance.org.uk). If you wish to receive Local People Leading leave your email address [here](#).

### Mental Health Service Users Taking Over the Asylum

CHEX is happy to draw attention to a new group established in East Lothian around mental health. Mental Enablement and Empowerment (MEE) was set up based on an identified gap in service provision after the local council replaced Tynepark Mental Health Resource Centre with another service.

In order to continue the provision of day care, drop-in services, classes and hot meals

which Tynepark had previously offered, the group plan to attempt to buy the current property (being sold by Crossreach) as a community asset, and carry on the service as before, with staff employed by the group. At the moment, they are in the process of applying for funding while renting the premises from Crossreach. The group has pulled together a team of experts, from East Lothian Council, Social Enterprise East Lothian, Rural Direct and Community Ownership Support Service, and intends to make 'Tynepark' a community hub from which to host a number of diverse groups. MEE emphasises that there will be a place for anyone in the community who wishes to come along.

The address for more information is Mental Enablement and Empowerment, (MEE), Tynepark Annexe, Poldrate, Haddington, EH41 4DA or email [Veronica Forrest](mailto:Veronica.Forrest@mee.org.uk). A website is also pending!

### **PHINS bulletin opportunity for community-led health organisations**

Work on the latest PHINS (Public Health Information Network for Scotland) bulletin is about to begin, and PHINS is requesting information on local projects and events that are relevant to the area of public health information. If you are involved in a local project or event that you think would be of interest, and that you would like publicised through the network, please contact [sandraaucherlonie@nhs.net](mailto:sandraaucherlonie@nhs.net) to request a submission form which you will need to return by Monday 9th July. The bulletin will be published later in July. For an idea of the type of projects likely to be of interest, please see [last year's bulletin](#).

The PHINS bulletin is circulated annually to all network members (and by registering on the [ScotPHO website](#) you are included on the PHINS mailing list).

### **Scottish Government commitment to community learning**

The Scottish Government has recently committed to developing legislation that ensures communities across Scotland have access to learning opportunities needed to develop skills and help people into jobs. Speaking at the launch of the [Strategic Guidance for Community Planning Partnerships: Community Learning and Development](#) (covered in the [last issue of Snippets](#)), Education Secretary Michael Russell said:

“We will build on this by continuing to explore legislative duties in relation to community learning and development as part of our continuing efforts around post-16 education reform.”

[Click here](#) to read more about the CLD guidance in relation to the proposed Community Empowerment and Renewal Bill on the CHEX website.

### **IRISS.FM goes live!**

Over the past few months, CHEX-Point Snippets has often highlighted publications and research from the Institute for Research and Innovation in Social Services. IRISS has now set up IRISS.FM - internet radio for Scotland's social services. The first episode was on the subject of attachment theory, presented by David Howe, Emeritus Professor in the School of Social Work and Psychology at the University of East Anglia. Content will include presentations, interviews, discussions and debate on key social services related topics. This, and information on future episodes, can be found on the IRISS.FM website <http://irissfm.iriss.org.uk/>. IRISS.FM will air every Wednesday at 1.55pm.

### **Join the IACD online**

It is now possible to join the International Association for Community Development

online. Click [here](#) to visit the IACD website, where you can find details of how to apply for membership. The website contains a range of useful resources for community development practitioners around the world, including news of events, research papers and case studies. It is also possible to contribute to the site by adding materials and posting comments on the blog page.

### **Launch of Work4ME in Scotland**

Work4ME, an organisation empowering people living with long-term health conditions to work, has been launched in Scotland. It was initiated by SKS Scotland (SKS), the social enterprise company which champions the cause for self-employment for people living with long-term conditions.

Work4ME co-operative provides a solution for people who want to work but find that the conventional workplace does not offer the flexibility required to successfully manage a fluctuating health condition. The Work4ME model provides opportunities for self-employment within a supportive on-line environment, offering advice and networking support, the co-operative acts as an umbrella framework to those seeking a flexible working option.

The launch of Work4ME was hosted by SKS Scotland at University of Stirling Enterprise Zone on 14th June, with guests and clients from social enterprises, charities and businesses from across Scotland. To find out more about Work4ME, contact Shona Sinclair. Email: [shonasinclair@sksscotland.co.uk](mailto:shonasinclair@sksscotland.co.uk) Tel: 07711552094 <http://www.sksscotland.co.uk/>

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## **Consultations and Surveys**

### **Social Marketing Needs Analysis Research**

NHS Health Scotland, as part of its role in building skills, capacity and expertise in social marketing for NHS Boards and their partners, is currently in the process of commissioning needs analysis research which will allow them to better understand what kind of support provision would be required. The findings of the research will be used to shape the direction of NHS Health Scotland's social marketing support strategy for local partnerships for 2012/13 and beyond. NHS Health Scotland is keen to include the views of voluntary and community organisations.

If you would like to be involved in this research by completing a short online survey please email [nhs.healthscotland-socialmarketing@nhs.net](mailto:nhs.healthscotland-socialmarketing@nhs.net) by Friday 29th June 2012.

### **Reminder – Community Empowerment and Renewal Bill**

CHEX is keen to take the opportunity to remind Snippets readers of the opportunity to respond to the Scottish Government's Consultation on the Proposed Community Empowerment and Renewal Bill. The consultation contains much that is relevant to community-led health approaches, with questions on community engagement, decision making powers for communities and removing barriers to communities taking control of local assets such as land and buildings.

Read more about the consultation and how to respond on the [CHEX website](#). It is also worth highlighting upcoming [public conference on the bill being organised by Community Development Alliance Scotland \(CDAS\)](#) on 28th June in Glasgow.

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## Publications

### **Poverty Truth Commission follow up report**

The original report from the Poverty Truth Commission was published in April 2011, highlighting child poverty in Scotland as well as the unjust way in which poverty is often portrayed in the media. A year on, this follow up report does not provide any new findings, but provides brief updates on the work of the partner organisations involved in the Commission. It also outlines the Commission's future priorities, including supporting individuals experiencing, and organisations involved in, poverty to help take forward the anti-poverty agenda, and also utilizing social media as part of this. [Click here to read the new report.](#)

### **Poverty and income inequality in Scotland: 2010-11**

This National Statistics publication presents annual estimates for the proportion and number of children, working age adults and pensioners living in low income households in Scotland. The estimates are used to measure progress towards UK and Scottish Government targets to reduce poverty and income inequality. You can download the report from the [Scottish Government website](#), where the main findings are also listed.

### **New publication available to download from CFHS**

Available to download from Community Food and Health Scotland's website, [What's Cooking in Scotland? Part One](#) is based on the experiences of community groups and agencies throughout Scotland and shows how they have addressed some of the issues that groups have concerns about when planning to set up and deliver cooking classes. Featured in What's Cooking in Scotland? Part One are an [Evaluation of Fife's Community Kitchen](#) and [Cooking in the Community in 5 Easy Steps](#), a manual developed by Fife Community Food Workers.

### **Going Hungry? Young people's experiences of free school meals**

A joint report by the Child Poverty Action Group and the British Youth Council, this report captures young people's experience of free school meals in the UK today. Based on interviews with over a thousand school children, the research found that most young people felt free school meals should be available for everyone, that young people sometimes felt vouchers did not cover a full meal and that stigma, although not as prevalent as expected, could be reduced with the right sort of delivery system. Download the report [here](#).

### **Physical activity and depression - update**

In the last Snippets issue we covered a study by researchers from the Universities of Bristol, Exeter and the Peninsula College of Medicine and Dentistry on the relationship between physical activity and improvement in symptoms of depression. The paper provoked debate by reporting no significant relationship between the study's physical activity intervention and improved symptoms. As is commonly the case, much of the debate has been around the way the findings have been reported.

In order to give a bit more balance ourselves, CHEX would like to take the opportunity to highlight the other side of the argument, as there is clearly a lot of backing to the connection between physical activity and mental health. Good critiques and debates

relating to the research and the way it has been reported can be found on the [BMJ website](#) (where the paper was published) and on the [SAMH website](#). Read the original study [here](#)

### **Latest edition of All in Good Health**

From NHS Health Scotland, "All in Good Health" is electronic, fully interactive and allows you to click through easily, view websites and DVD's and download online material such as programmes and reports. The summer edition can be accessed [here](#), containing information on the Scottish Social Marketing Hub going live, news on A Fairer Healthier Scotland strategy and an item on challenging negative attitudes about older people.

### **Aberdeenshire Guide to Alcohol and Drug Services**

This guide aims to help people in Aberdeenshire find out about the support available to those experiencing difficulties with alcohol and / or drugs and their families and carers. It should be useful for people experiencing these issues and professionals alike. Contact details and other information such as opening hours are provided for services throughout the region and there is a useful A-Z of services at the back of the guide. [Click here to download the guide](#).

### **CDAS bulletin**

June's edition of the Community Development Alliance Scotland (CDAS) bulletin has been sent out, with a large section dedicated to analysis of the Community Empowerment and Renewal Bill as well as information on next week's [CDAS conference around the bill](#). There is also information on the Strategic Guidance on Community Learning and Development for Community Planning Partnerships, accompanied by the news that the Scottish Government has expressed commitment for legislation in this area. [Read the bulletin online](#) for much more community development news and analysis.

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## **Funding**

### **Shine challenge**

The Health Foundation is investing up to £75,000 in up to 18 successful projects as part of this year's Shine challenge. The investment is aimed at encouraging new approaches to delivering healthcare that aim to achieve one of the following:

- Support patients to be active partners in their own care
- Improve patient safety
- Improve quality while reducing costs.

Shine is open to applications from healthcare teams based in any of the four countries of the UK, and NHS, private and voluntary sector organisations are equally invited to apply. [Click here to find out more](#). The closing date for applications is noon on the 17th July 2012.

### **CVS Action Earth Grants 2012**

CSV Action Earth is running two grant schemes in 2012 which are looking to increase numbers of volunteers on locally based environmental projects. These are the CSV Action Earth Awards which offer grants of £250 for projects who are providing or improving habitats for wildlife, enhancing local nature spots and getting communities volunteering together; and the CSV Local Nature Reserve Awards which offers grants

of up to £500 exclusively for projects taking place on Local Nature Reserves (LNR). Grants will be allocated on a first come first serve basis.

<http://actionearth.csv.org.uk/apply>

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## Events

### **Roots Scotland trip (East Kilbride – leaving from Glasgow)**

Roots Scotland is a project of WSREC funded through Historic Scotland to increase minority ethnic communities' knowledge, appreciation and enjoyment of the historic environment of Scotland. The first Roots Scotland trip is to the National Museum of Rural Life on Sunday 8th July 2012, 10am to 4.30pm approx. The visit is FREE and light refreshments will be provided on the day. Pick up and drop off will be from the WSREC office based at 39 Napiershall Street, G20 6EZ. If you are interested, contact Suzanne Bingham on 0141 337 6626 [sbingham@wsrec.co.uk](mailto:sbingham@wsrec.co.uk).

### **Glasgow Women's Library events (Glasgow and wider)**

To coincide with the supposed start of summer, Glasgow Women's Library has launched its What's On Guide. With events across Glasgow and Scotland GWL aim to have something for everyone. Events include picnic poetry, women's heritage walk and activities as part of the Edinburgh International Film Festival.

All events are detailed on the GWL website in the [events calendar](#) and hard copies of the programme are available from Glasgow Women's Library, your local Glasgow City Council Library and various venues across the city. If you go to your local library or venue and can't find a copy please let GWL know so they can send out more or add to their distribution list.

You can also download a PDF copy of the [GWL What's On – June to August 2012](#) by clicking on the cover image.

### **Food demo and information session (Kelso and Eyemouth)**

This free information session will take place on Tuesday 26 June 2012 - 19:00 - 21:00 in Abbey Row Community Centre, Kelso. The event will consist of a cookery demonstration by David Hodson and presentations by Zero Waste Scotland and Breadshare Bakery.

The event will be repeated in Eyemouth on Thursday 5 July 2012, 19:00 - 21:00 in Eyemouth Community Centre. For more information on both these free events contact Fiona Munro at [fmunro@scotborders.gov.uk](mailto:fmunro@scotborders.gov.uk).

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## Conferences and Seminars

### **Health And Social Care Integration events (Edinburgh and Glasgow)**

Inclusion Scotland and other partners are hosting events discussing the Scottish

Government's consultation on the Integration of Adult Health and Social Care in Scotland. The events will focus on how older disabled people will be affected by these changes to health and social services. Therefore, the views of disabled people are particularly sought. Events will be held in Glasgow on Wed 25<sup>th</sup> July, 10:30am – 4:00pm at Glasgow Centre for Inclusive Living, 117-127 Brook Street, G40 3AP, and then in Edinburgh on Wed 1<sup>st</sup> August, 10:30am – 4:00pm at The Halls, 6 Henderson Street, EH6 6BS. For a FREE place contact: Angela Marshall, [angelam@inclusionscotland.org](mailto:angelam@inclusionscotland.org), 0141 221 7589.

In addition, LTCAS is hosting an Engagement Event on 18 July (am) at Norton Park in Edinburgh for members focused on the proposals for health and social care integration currently out for consultation. This event will hear from and allow members to ask questions to key leaders involved in this integration process including:

- Ron Culley, Health and Social Care Team, COSLA
- Derek Feeley, Director General, Health and Social Care and Chief Executive, NHS Scotland Scottish Government
- Angiolina Foster, Director of Health and Social Care Integration, Scottish Government

To sign up for this event please email [event@lucas.org.uk](mailto:event@lucas.org.uk) or call the LTCAS office on 0141 404 023.

See [the headline item of this issue of Snippets](#) for how to contribute to CHEX's response to the consultation.

#### **Hear to Inform seminar (Glasgow)**

This free seminar is designed to support people who are deaf or hard of hearing. It will take place on Tuesday 26<sup>th</sup> June 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 give requirements when you book. Refreshments and lunch are also provided, free of charge. Places are very limited and you must book a space. You can book a space by contacting Donna McSwiggan on 0141 341 5338 or email [donna.mcswiggan@hearingloss.org.uk](mailto:donna.mcswiggan@hearingloss.org.uk)

#### **Public Health Information Network for Scotland (PHINS) annual seminar (Glasgow)**

This year's annual PHINS seminar will take place on 7 Sep 2012 9:00 am - 1:00 pm at Glasgow Royal Concert Hall. It aims to discuss and publicise current information and research projects including;

- Exploring health and its determinants at national, regional and city level.
- Early years experiences in Scotland.

As in previous years, this event is free of charge. However, spaces are limited and will be allocated on a first come, first served basis. You can register for the event online here: <http://phins2012.eventbrite.com/>. Further details of PHINS is available from the ScotPHO website here: <http://www.scotpho.org.uk/about-us/public-health-information-network-for-scotland-phins>

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## Training

### **Community Food and Health (Scotland)'s new learning and development programme**

CFHS's new learning and development programme is now available. The programme contains details of the courses that CFHS is running between the end of August and the beginning of October. While it is aimed at smaller community food and health organisations, applications are welcome from anyone working in or with community food initiatives, especially if you have a role in supporting smaller organisations. All courses are fully funded. Find out more on [the CFHS website](#).

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## Vacancies

### **Volunteer Development and Support Worker (Aberdeen)**

Community Food Initiatives North East (CFINE), with support from BIG Awards for All, is offering sessional hours to someone who wants to contribute to making a difference for and with CFINE volunteers in Aberdeen city and/or north Aberdeenshire. CFINE will consider 1 post covering both areas or 2 posts, 1 in each area. The job involves engaging with volunteers, developing Personal Development Plans, organising appropriate training or other responses to the volunteers' identified needs and aspirations and drafting a 'CFINE Volunteer Induction Handbook.'

This will be 20 hours per week to begin with, with an hourly rate of £8-10 depending on experience and background. For more information, a job description and how to apply, please contact Fiona or Dave on 01224 596156/ [info@cfine.org](mailto:info@cfine.org). Closing date for applications: Wednesday, 27/6/12.

### **Community Fundraiser (Bridge of Weir – Quarriers Village)**

This role at Quarriers involves fundraising activities ranging from sending mailouts to engaging with the community. Salary £23,913 Email [recruitment@brucetaitassociates.com](mailto:recruitment@brucetaitassociates.com) for a full information pack. For an informal chat about the role, after you have reviewed information, call Eilish McDowell on 01786 849759. Closing Date: 05/07/12. Interview Date: 18/07/12

### **Carers Advocacy Manager (Dingwall)**

Highland Carers Advocacy is seeking to appoint a self-motivated person who has vision, drive and enthusiasm to manage and maintain the development of the Carers Advocacy Service in Highland. Salary - £26,502 pro rata, fixed – 31st August 2014. 21 hrs – under review. Read more information at <http://www.goodmoves.org.uk/jobs/10858>. Closing date: 29 June 2012

### **Drama Tutor (Dundee)**

Sense Scotland is looking for someone to fill the above post for a temporary (1 year) Drama Tutor, 15 hours (two days) per week, Salary: £17,737 - £18,853 pro rata. Closing Date for Application: Friday 13 July 2012 Interview date: Tuesday 31 July 2012. [More information here](#) including how to apply.

### **Community Fundraising Manager (Edinburgh)**

Alzheimer Scotland seeks Community Fundraising Manager (Salary - £26,862 - £29,256) to develop community fundraising activities, manage 2 Regional Fundraisers and support Alzheimer Scotland's charity shops to increase income. In this varied role you will support and train fundraising volunteers, develop strong relationships with fundraisers and donors, and recruit new supporters and groups across Scotland. Ideal candidates will have significant experience in raising funds working alongside volunteers, be self-motivated, and be able to juggle a mixed workload.

To find out more please email [recruitment@brucetaitassociates.com](mailto:recruitment@brucetaitassociates.com) for a full information pack. For an informal chat about the role, after you have reviewed information, call Eilish McDowell on 01786 849759. Closing Date - 5pm 2 July 2012  
Interviews - 11 July 2012.

### **Partnership Manager (Glasgow)**

SAMH is recruiting a Partnership Manager (£28,680 pro rata, 15 hours per week) for Respectme, Scotland's Anti-Bullying Service. This post is temporary, until 31 March 2013, and involves working as part of a team to establish and maintain effective partnerships with stakeholders enabling them to develop and implement effective anti-bullying practice and policy.

For further information, please contact Brian Donnelly Director of respectme on 0141 530 1099. Application forms and job descriptions are available at <http://www.samh.org.uk> ; or from SAMH, Brunswick House, 51 Wilson Street, Glasgow G1 1UZ; or phone 0141 530 1011 and leave your details - including the reference number of the post; or email [jobs@samh.org.uk](mailto:jobs@samh.org.uk). Closing date for all applications is 5.00pm on Wednesday 4 July 2012, and interviews will be held on Tuesday 10 July 2012 in Glasgow.

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## **Websites**

### **Good news website**

A Snippets reader sent me a link to this website - <http://www.thebrightsider.co.uk/> - which provides only good news from around Scotland and the rest of the world. The emphasis is on the looking at the bright side of life, something that could be said to connect with both the holistic view of health promoted by community-led health approaches and, more specifically, asset-based approaches to health. Recent stories and links include one on remarkable dogs, and another about a bike which was stolen in Dumfries and then returned with a present attached. Have a read and see what you think.

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## Campaigns

### ASH Scotland campaign against tobacco labelling

ASH Scotland is urging people in Scotland to respond to the Scottish Government consultation on tobacco packaging before it ends on the 10<sup>th</sup> July. "Say yes to plain packs" tries to expose the myths that there is no evidence it will work, that smuggling will increase, copyright laws will be breached, the law will affect other products and that it will confuse people. [Read more here](#) or [go straight to the consultation](#).

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