



Issue No 216, 30th August 2012

Hello, and welcome to the latest issue of CHEX-Point Snippets. In addition to the latest news and information relating to community-led health, this issue of Snippets features an update from CHEX network organisation Safe Space. **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 **Thursday 13th September** so please send anything you would like to be included before Tuesday 11th. 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

CHEX work around evidence of impact

CHEX has published a new paper showing the contribution Health Issues In the Community (HIIC) makes to national and local outcomes. The purpose of this paper is to highlight this contribution to policy makers, at a national and local level, and to provide supporting information for those already committed to the delivery of HIIC.

The approach of the paper is to outline different policy and legislation in Scotland and then show how a particular community-led intervention - carried out as part of the HIIC course - has contributed to any associated outcomes. Download the paper [here](#).

In addition, and as mentioned in the last Snippets, CHEX has drafted a paper around scaling up the full impact of community-led work across the country, which outlines the potential to compile and present the evidence to decision-makers. We are hoping for feedback and ideas on the merit of such a programme before **Friday 28th September**. [Click here to download the paper](#).

CHEX Advisory Committee Practice Development Session – Input from Scotland Funders’ Forum

We’d like to update you on the Scotland Funders’ Forum’s input at August’s CHEX Advisory Committee Practice Development Session. 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 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.

At the Practice Development Session, Alex Johnston from the Scotland Funders’ Forum said that over the last 18 months the Forum and its members have been progressing the implementation of the Harmonising Reporting Report. The report was published in 2010 by the Forum with support from Evaluation Support Scotland (ESS) and recognises the burden of reporting placed upon funded organisations as they aim to report on the difference they are making. The Forum also recognises that funders do always get what they need from the reports they received from funded organisations. The report contains practical guidance and templates to make reporting to funders less burdensome and more useful for funders and funded organisations. Many of the Scotland Funders’ Forum members have already made changes. The Forum also commissioned ESS to support implementation. ESS has produced a Case Study Report which provides examples of how Harmonising

Reporting has working so far.

A copy of both the Harmonising Reporting Report and Case Study Report can be downloaded via the Scotland Funders Forum website at www.scotlandfundersforum.org.uk.

News from the Network – Safe Space write a thon

CHEX network organisation Safe Space is running a fundraising write a thon on Monday 3rd September, 7pm-9pm in the Carnegie Conference Centre, Dunfermline. This is a chance for anyone who feels they have a story to tell to find out more about writing a book. Safe Space have some fantastic authors on board (such as Iain Banks) and have already had a great deal of interest from people who have always wanted to write but need some prompting.

This event is free to Safe Space writers. All other guests are asked for a minimum donation of £5 per person. You can come along on the night and pay at the door or you can click [here](#) to book tickets. Visit www.safespacewrite-athon.co.uk for more information.

Safe Space will also display [their winning entry from the CHEX photo competition](#) and other photos created by Safe Space clients on the night.

Following this launch event, an on-going series of workshops will be facilitated by authors to keep all writers inspired and creative juice flowing.

Please see the [jobs section](#) of Snippets below for news of a vacancy at Safe Space.

Dates set for HIIC Tutor Training

Dates have been set for the above course which will be run on the 4th and 5th October 2012 in the STUC Centre Glasgow. The 2 day course is for individuals who wish to become HIIC Tutors and costs £300 for those from the statutory sector and £200 for those from the voluntary sector.

The 2 day HIIC Tutor Training course is a credit rated course, 8 points at level 7, and aims to equip participants to deliver Health Issues in the Community training to a wide variety of people in a broad range of settings. As part of the course, and in order to become accredited, you will:

- Undertake 8-10 hours of practice delivery and provide a briefing note of each session.
- Submit a 1,500 word reflective account of your experience, within 5 months of undertaking the 2 day course. This will be marked to ensure that prospective tutors have attained a certain standard before they are able to deliver the course.

For more information on the course click the following link <http://www.chex.org.uk/what-we-do/training-development-support/hiic/> or, to register, please contact Alison on 0141 248 1924 or email alison@scdc.org.uk.

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General Information

Learn how to resolve conflicts in your community!

The Scottish Community Mediation Centre is combining with Scottish Community Development Centre (CHEX's parent organisation) to present a five-day course on mediation and resolving conflict constructively. The course is an opportunity for anyone who has to deal with local conflicts to learn practical and effective skills in helping people find common ground and a mutually-agreed way forward.

Taking place at the Albany Centre, Glasgow, the course commences on Friday 12th October and continues on Fridays 19th and 26th October and 2nd November, concluding on Monday 5 November. It is open to active members and staff of community groups, community organisations and community projects. Please visit <http://www.scdc.org.uk/news/article/learn-how-resolve-conflicts-your-community/> for more details or <https://www.surveymonkey.com/s/RF7TV73> to apply.

Award for Drumchapel L.I.F.E

We're sure CHEX-Point Snippets readers will join us in congratulating Drumchapel L.I.F.E. on winning the Health and Well-Being Award at the 2012 Evening Times Glasgow Community Champion Awards Ceremony. The event was held on Thursday August 16th at the Glasgow University Student Union, and was presented by Councillor John Kelly. Representing Drumchapel L.I.F.E., manager Kenny Macdonald said: "We are extremely happy and very grateful for all the hard-work of our staff and volunteers."

Drumchapel L.I.F.E. is a Healthy Living Centre based in Drumchapel, supporting individuals, communities and organisations in Drumchapel, Yoker, Scotstoun, Whiteinch and Knightswood. As part of their service, the organisation runs a volunteer-based Green Gym project to encourage more people to be health-conscious. Please visit [Drumchapel L.I.F.E's website](#) for more information.

Medal Routes Project

Ramblers Scotland have been inspired by the 2014 Commonwealth Games to develop the Medal Routes Project to help people to be more active through getting to know the paths and green spaces in their local areas. Using existing paths, volunteers will help the project to develop bronze, silver and gold 'Medal Routes' of approximately 15, 30 and 60 minutes in length (circular walks from a Walking Hub). A hub can be, but is not limited to, any of the following: A café, a sports centre, a library or a health centre.

All the Walking Hubs, and their Medal Routes, will be available to download from the [Ramblers Scotland website](#). In addition posters, stickers, leaflets and tear off maps are being developed to be used to raise awareness and participation in the project.

The project is a partnership funded by Scottish Natural Heritage, Paths for All and Ramblers Holidays Charitable Trust. To find out more or to volunteer please contact the Project Officer Jacqueline Ferguson by email on jacqueline.ferguson@ramblers.org.uk

Scottish Health Awards 2012

Nominations are now open for this year's Scottish Health Awards. The awards reflect the awareness that thousands of people give their time freely to help improve the health and wellbeing of patients, carers and service users of NHS Scotland. The way in which they volunteer – be it running a fund raiser or befriending patients – doesn't

matter. It's their valuable contribution that counts.

Nominations for the award, which is sponsored by [SCVO](#), must be submitted no later than Monday 10th September. Is there a volunteer or group of volunteers in your area who should be recognised? [Nominate now!](#)

Different dance steps in East Lothian

DanceActive is a group of ladies in Musselburgh, East Lothian, who are over the age of 60 and who love dance in all its manifestations – whether Scottish Country Dancing, tap, ballet or ballroom dancing. They have differing levels of dance experience in various disciplines and, six months since forming, the group is small but committed. DanceActive provides the freedom to move, the space to do it and people to share it with. It is not an exercise or fitness class per se, but provides a chance to stretch a bit, within your own limitations, and feel the physical benefit of the movement.

Sessions vary in terms of dance format and whether music is played etc. The group is now thinking about where to go from here, and there is now a solid foundation to build on. With government funding in this area, and much academic attention focused on the wellbeing of older people, an exciting future beckons. Commonwealth Games 2014 opening ceremony, perhaps?

For more information on the class please contact Sue Oliver, Dance Facilitator and Researcher. Tel: 01620 850375

Dr Andrew Fraser joins NHS Health Scotland

CHEX funders, NHS Health Scotland this week welcomed Dr Andrew Fraser as its new Director of Public Health Science. Dr Fraser joins NHS Health Scotland following the retirement of Professor Laurence Gruer.

NHS Health Scotland Chief Executive Gerry McLaughlin said:

“We are extremely pleased that such a well respected health expert as Dr Andrew Fraser is joining NHS Health Scotland. He has a wealth of knowledge and experience to bring to the team, particularly in tackling health inequalities.”

“Dr Fraser has been at the forefront of public health over the last two decades, and we are excited that one of the best in the business is coming to work with NHS Health Scotland as we are implementing our new strategy [A Fairer Healthier Scotland](#).”

A public health physician, Dr Fraser most recently has been the Director of Health and Care at the Scottish Prison Service. He also previously held the roles of Director of Public Health at NHS Highland and then Deputy Chief Medical Officer for Scotland with responsibility for public health policy to the Scottish Government.

Commenting on his new role, Dr Fraser said: “I am delighted to be joining NHS Health Scotland. Health Scotland is a highly respected organisation with talented and committed staff, focussed on narrowing health inequalities and improving health across Scotland. I want to contribute to this task, and look forward to working with people in all sectors of Scottish life.”

On the right track!

It's good to hear that the Scottish Government has recently been giving deserved attention to the Food Train project, which helps older people to get their weekly grocery shopping and to do other things around the home. The Food Train now covers Dumfries & Galloway, West Lothian, Stirling and Dundee City, and Local

Government Minister Derek Mackay visited the project's headquarters in Dumfries, where the charity began in 1995.

Derek Mackay said:

"The Food Train is a brilliant example of the third sector, local government and central government working together to make people's lives better on the ground.

"This is a perfect example of the preventative spending approach set out by the Scottish Government, deploying resources early to prevent difficulties developing, making people's lives better and saving money."

Michelle McCrindle, Chief Executive of the Food Train said:

"We are delighted that Derek MacKay, chose to visit Food Train. It was a great opportunity for us to share our valuable work with him and highlight the food access needs of older people across Scotland."

Read more at <http://www.scotland.gov.uk/News/Releases/2012/08/foodtrain2082012>

Albany Centre re-opens

After a period of refurbishment, Glasgow Council for the Voluntary Sector's the Albany Learning and Conference Centre has re-opened with a fresh new look, hosting a new range of training courses and new community activities. CHEX will feature much of the training and events in CHEX-Point Snippets, especially when it relates to community-led health. For a quick look at what's on, including latest training and venue hire, [click here](#).

News from other e-bulletins

CHEX would like to point you in the direction of other e-bulletins relevant to community-led health. Some interesting bulletins this fortnight are:

- Latest From Youthlink Scotland at <http://www.youthlinkscotland.org/Index.asp?MainID=8146>, including news on training, the Scottish Youth Work Week Conference and wider news relating to youth work in Scotland.
- Scottish Recovery Network's latest e-news has been sent out, and all the stories from August can also be viewed on the [SRN website](#). Articles include thought-provoking discussions on welfare reform and the Scottish Government's new Mental Health Strategy as well as surveys, events, updates and interviews
- GoWell, the on-going study of regeneration in Glasgow, has produced its August bulletin, with news of the GoWell 6th Annual Event, previously covered in Snippets. The [GoWell website](#) contains all of the news from the August bulletin in addition to even more recent news about an extension of GoWell, studying the impacts of regeneration and the Commonwealth Games Legacy in the East End of Glasgow.
- This month's [Mental Health Improvement e-bulletin](#) from NHS Health Scotland, which focuses on the Scottish Government's new strategy for mental health improvement (see [publications section](#) below).
- The latest [One Parent Families Scotland \(OPFS\) e-bulletin](#) has updates on practice and policy around one parent families, as well as research, training, campaigns and events. The bulletin includes a [nice update](#) (with a great picture) from Dundee Community Family Support Project.

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Consultations and Surveys

VOiCE contribution to Community Empowerment and Renewal Bill

Another mention of the Scottish Government's [Consultation on the Proposed Community Empowerment and Renewal Bill](#), which we have featured regularly over the last few months.

The VOiCE team at Scottish Community Development Centre plans to respond to this consultation reflecting in particular the views and perspectives of users of VOiCE and the National Standards for Community Engagement. Users of these resources are invited to complete 9 short survey questions to help inform the team's response. To access the survey please click [here](#).

For more on CHEX's response and how we'd like to involve our membership, click [here](#). We would also encourage community health projects to highlight their good work on the consultation's accompanying website [Our Great Ideas](#).

Consultation on Procurement Reform Bill

The aim of this Scottish Government consultation is to establish a national legislative framework for sustainable public procurement that supports Scotland's economic growth by delivering social and environmental benefits, supporting innovation and promoting public procurement processes and systems which are transparent, streamlined, standardised, proportionate, fair and business-friendly. Visit [the Scottish Government website](#) to download and read the documents.

Discussion Paper on Constitutional Change & Poverty

With the referendum on Scottish independence looking set to dominate the country's political debate over the next two years, the Poverty Alliance has launched a discussion paper aimed at ensuring that social justice issues are at the heart of that debate. The paper asks a series of questions to those who are in favour of or opposed to constitutional change. Topics covered include welfare, the labour market, equalities and democracy. [Click here to download the paper](#)

Native Woodland Survey

Community walking and biodiversity/ecology groups might be interested in this survey by the Forestry Commission. The Native Woodland Survey is a field-based survey of all of Scotland's native woodlands which aims to identify their location, extent, type and condition in order to improve our understanding of this valuable resource. The Native Woodland Survey can be viewed here: <http://www.forestry.gov.uk/nwss>

Consultation event on Lymphoedema

The Macmillan Lymphoedema Project for Scotland is holding an event to capture ideas for its Top Tips for Self Care Guide for people living with primary and secondary, cancer and non-cancer related lymphoedema. The event will involve small group conversations and more visual formats to record ideas.

It will take place on Saturday 15th September 2012, 10.30-3.00pm at Long Term Conditions Alliance Scotland (LTCAS), Venlaw Building, 349 Bath Street, Glasgow, G2 4AA. A copy of the draft Guide will be circulated in advance and lunch and refreshments will be Provided.

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Publications

Mental Health Strategy for Scotland: 2012-2015

At the beginning of the year CHEX, through consultation with our members, contributed to the Scottish Government's consultation on the Mental Health Strategy for Scotland. Our original response can be read [here](#).

The Scottish Government has now published its mental health strategy to 2015, setting out a range of key commitments across the full spectrum of mental health improvement, services and recovery to ensure delivery of effective, quality care and treatment for people with a mental illness, their carers and families.

[Download the Mental Health Strategy for Scotland: 2012-2015 here.](#)

In addition, the following mental health resources are also available:

- www.wellscotland.info - this professional-facing website provides national information to support local action on mental health improvement.
- www.stepsforstress.org - this interactive, public-facing website, is for use by anyone. Free self-help booklets and relaxation CDs are available to order from the website.
- www.talkingmentalhealth.net - designed to help frontline staff working in a variety of mental health settings, this website aims to communicate difficult mental health and legal information with service users and carers.
- <http://www.chooselife.net/> - the Choose Life website is a central portal of information about suicide prevention in Scotland.

Glasgow Equally Well work

The [Planning for Better Health](#) report from the Equally Well Glasgow City Test Site is now available. It summarises approaches to integrating health and wellbeing into the town planning system through the collective efforts of town planners and public health practitioners within Glasgow. The report may be of particular interest to health improvement staff working directly in communities.

The Glasgow City Test Site focused on three major strands of work:

- Understanding communities better.
- Developing toolkits to support a placemaking approach. (An approach to creating places that puts people at the heart of the decision making process.)
- Providing capacity building opportunities for professionals.

For more research and publications around Equally Well by NHS Greater Glasgow and Clyde, focusing on community engagement, partnership approaches, "placemaking approaches" and capacity building for professionals, read the [Public Health Resource Unit \(PHRU\) e-bulletin](#).

New REFRESH publication

REFRESH (Reducing Families Exposure to Second-hand Smoke in the Home), a partnership between ASH Scotland and the Universities of Aberdeen and Edinburgh, has recently had an article published in the [Health Education Research](#) journal.

The article ([‘I’m not doing this for me’: mothers’ accounts of creating smoke-free homes](#)) explores the views of mothers that participated in the REFRESH intervention in Scotland. It investigates the mothers’ narratives around changes they made to their home smoking behaviours after taking part in the intervention. As well as examining prospective and retrospective quantitative and qualitative data, the paper also draws on three comparative case studies to illustrate the changes mothers made, any barriers to change and how mothers valued the changes they made. The paper highlights the incremental changes in home smoking behaviour that were key to reducing exposure to second-hand smoke in the home and demonstrates that the mothers valued these changes and expressed an intention to make further reductions to smoking in the home.

Follow [this link](#) in order to read the article for free.

Latest publications from CFHS

A short [report](#) on Community Food and Health Scotland’s (CFHS) Mind the Menu event on June 6 is now available. The event brought together 60 people from a wide range of community groups and organisations working on food and mental health and wellbeing and workshops were provided by six different organisations.

CFHS brought together a range of local and national agencies for a roundtable discussion on ‘constructive food and health policy and practice in the face of austerity’ on July 31. A note of the discussion – [‘Footing the bill or thinking ahead’](#) is now available.

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Funding

Comic Relief grants for community groups and projects

The Scottish Community Foundation is helping to deliver Comic Relief’s Local Communities programme. The Local Communities programme, which has already started, is running for two years and grants of between £1000 and £10,000 are available. The programme aims to empower local people, enabling them to create lasting change in their communities. Projects should be run by people directly affected by the issues they are dealing with and priority will be given to small, locally based groups or organisations in areas of disadvantage that have a clear understanding of the needs of their community. Organisations can apply for funding to:

- increase local services
- build skills of local people
- increase community cohesion
- respond to local economic needs
- increase access to sport and exercise for people who face social exclusion and isolation.

[Find out more, including how and when to apply, here.](#)

Furthermore, the Comic Relief UK grants programme has re-opened for applications for work around mental health, domestic and sexual abuse, refugee and asylum seeking women and young people aged 11 - 25 that are sexually exploited, suffer from alcohol abuse and suffer from mental health problems.

The closing dates for the different programmes is 12 noon on the 28th September 2012. See <http://www.comicrelief.com/apply-for-a-grant/apply-for-a-uk-grant/>

People's Postcode Trust - Dream Fund

Grants of up to £100,000 are available for organisations in Scotland, Merseyside and Greater Manchester delivering a new and innovative 12-month project that meets one of the following funding criteria:

- Encouraging Active Living
- Bringing Communities Together
- Tackling Climate Change
- Expanding Life Opportunities

Applications will be received up until 31 October 2012 (5pm). Go to <http://www.postcodetrust.org.uk/dream-fund/>

BBC Children in Need Small Grants Scheme

The next deadline for BBC Children in Need's Small Grants is 15th October 2012. Grants of up to £10,000 are available for work with disadvantaged children and young people 18 years and under, through their small grants scheme. Grants can be used to cover both, capital and revenue costs. Lots more at <http://tinyurl.com/9tx2vfj/>

Glasgow Third Sector Transformation Fund

The Third Sector Transformation Fund is for third sector organisations providing services to older people, in the Glasgow City Council area, to help them deliver projects which keep older citizens well in their communities for longer. It is interested in projects which:

- Shift the balance of care from institutional settings to a community setting
- Increase self-help and the promotion of independence in the community
- Reduce social isolation by increasing preventive interventions
- Build community capacity to enable people to be more connected.

The Fund will support activities running between October 2012 and September 2013. Application forms will be available when the Programme launches on-line on Thursday 30th August. Guidance on the Fund is available on line. The closing date for applications is Thursday 20th September, 12 noon. See more at <http://www.voluntaryactionfund.org.uk/5/grants/>

Community low carbon heating scheme launched

Community groups up and down the UK will be able to bid for a share of £8million to install low carbon heating like solar thermal panels, biomass boilers and heat pumps into homes in their local area. Community-based organisations including community co-operatives, voluntary groups, social enterprises and development trusts will be eligible to apply for this UK Government initiative. Go to the [Department of Energy and Climate Change website](#) for more details.

Small Grants Programme for Inter Faith Week

Small Grants are available through this programme for events organised by and for young people focussed around Inter Faith Week 18-27 November 2012. Grants are awarded for proposals for inter-faith activities by children and young people (11-25 years) across all faiths. Priority will be given to projects which:

- Actively involve young people in planning, running, and evaluation of the project.
- Promote positive action i.e. young people from different backgrounds coming

together to address shared problems like improving green spaces.

- Are run by non-statutory organisations, such as youth clubs, scout/guide groups, local voluntary and community organisations.

Deadline for applications: 14 September 2012. See <http://tinyurl.com/982k2lb/>

Grundtvig

Over the past year CHEX's parent organisation, SCDC, has been participating in the Grundtvig programme. Grundtvig is part of the EU's Lifelong Learning Programme and funds training opportunities for UK adult education organisations, staff and learners. Partnerships grants support the exchange of non- vocational adult education working practices, knowledge and skills at a European level.

Through the programme, SCDC and partner community organisations have been able to take part in exchanges in different parts of Europe, sharing knowledge and experience in community development.

The closing date for applications for the next programme is the 21st February 2013 and we would recommend looking into it. Go to <http://tinyurl.com/8edwbqy/> for more information.

Help the Homeless grants

Grants of up to £3,000 are available from Help the Homeless towards capital costs to support projects that assist disadvantaged individuals in their return to mainstream society, through residential or training facilities. Grants to larger charities may be considered if the project is suitable innovative and only possible for a larger organisation to develop it. Read more [here](#). The next application deadline is the 30th September 2012.

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Events

Networking Event & Trellis AGM (Arbroath)

This event is for anyone interested in therapeutic and community gardening. It offers a chance to meet people from other projects across Scotland, share ideas and best practice, as well as support each other in identifying possible solutions to challenges projects may be facing. The day will also incorporate the Trellis AGM. Please note that a special resolution has been proposed and will be voted on at the AGM.

The event will take place on Wednesday 12th September 2012, 10am-3.30pm, at H.O.P.E. Garden Trust, Jazz Room, Hospitalfield House, Hospitalfield, Arbroath, Angus, DD11 2NH, For more information and the AGM agenda follow the link: <http://www.trellisscotland.org.uk/agm>.

FCFCG Scotland National Networking Event (Battleby, Nr Perth)

The Federation of City Farms and Community Gardens (FCFCG) national networking event takes place at the Scottish National Heritage Headquarters at Battleby on Friday 5th October 2012. The event provides an opportunity for growing projects to meet like-minded people, share good practice and be inspired. It will consist of workshops on volunteer management, sensory gardening, community engagement, community garden design, using social media to promote your project, social/green prescribing and the opportunity to visit South Perth Community Garden, as well as a

chance to learn more about available funding, the Community Land Advisory Service, beekeeping and allotments.

To find out more and to book visit the [FCFCG website](#).

Volunteer Managers' Network Meeting (Cupar)

On Tuesday 25th September 2012 at Volunteer House, 69-73 Crossgate, Cupar KY15 5AS, 'Bring-A-Buddy-to-Breakfast' will focus on ways that you can evaluate and evidence the impact of your service, which is vital if you want to meet your goals, attract funders and get the most from your volunteers. For full details, including the agenda for the morning and how to book a place, visit [Volunteer Centre Fife's website](#).

Talking about breast cancer (Dundee)

"Talking about breast cancer" will be an interactive evening of talks and exhibitions bringing together research, treatment and support. This event takes place on Wednesday 19 September, 6.15pm - 8.30pm, at Dalhousie Building, University of Dundee, Old Hawkhill (free parking in Hunter Street car park after 6pm). All welcome. Refreshments provided. Please click [here](#) to find out more about this event.

Launch of Self-Management Week 2012 (Inverness)

Long Term Condition Alliance Scotland's (LTCAS) launch event for self-management week (1 - 5 October) will take place in Inverness on Monday 1st October. The overall aim of self-management week is to promote self-management throughout Scotland; what it is, how it works in practice and how it benefits those affected by long term conditions. This year LTCAS have put a focus on health and social care professionals, and the launch event will promote the effectiveness of health care professionals using a self-management approach.

The week will highlight work that is happening across the third sector, health and social care in order to raise awareness of self-management among professionals working to support those living with long term conditions and highlight how this approach can work in practice.

Read more about the launch event [here](#) or visit [the LTCAS website](#) to see the different events being held across the country.

Voluntary Sector Locality Events (North Lanarkshire)

During September-October 2012, Voluntary Action North Lanarkshire will host 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.

If you are a volunteer or paid staff member in a local North Lanarkshire voluntary sector organisation (or work for any other partner organisation with an interest in communities), and feel you would benefit from coming together to discuss key issues affecting voluntary action in your town and gain updates on key policy/strategic information affecting voluntary sector groups and volunteers, click [here](#) to find out when and where each event is taking place.

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Conferences and Seminars

Rethinking Wellbeing (Edinburgh)

This first in a series of seminars on Rethinking Wellbeing will explore environmental decision-making, values & beliefs - what they mean and how they can be applied in practice to re-build a more sustainable economy and improve community wellbeing and will include as a speaker (among others) Tom Compton - Change Strategist from WWF-UK - who wrote the initial Common Cause.

This is a free event - to be held at the Scottish Parliament on Wednesday 16 September at 6pm. Full details and invitation [available here](#). If you would like to book a place please email eilidh.macdonald@scottish.parliament.uk.

Scottish Partnership for Palliative Care conference (Edinburgh)

This year's SPPC conference, 'Palliative Care: Population and People', will be held at the Royal College of Physicians of Edinburgh on Thursday 11 October 2012.

From the growing population of frail elderly people to the science of individual symptoms the conference will provide a broad variety of challenging and highly relevant perspectives. This year's highlights also include: lessons from Ireland on palliative care in hospitals, a film premiere, spiritual care in tough times, challenges in non-malignant disease, a historical take on death and dying in Scotland and an interactive reflection on recent progress. The programme will also provide opportunity for discussion and debate.

Visit www.palliativecarescotland.org.uk for the full programme and registration form, email: office@palliativecarescotland.org.uk or contact Tel: 0131 229 0538.

Good Places Better Health Conference (Edinburgh)

NHS Health Scotland and Environmental Determinants of Public Health in Scotland Project, who are part of the collaborative initiative Good Places, Better Health (GPBH), would like to announce that the Science and Policy for Change: Children, Place and Health in Scotland Conference will be taking place on 27th & 28th November 2012 at Murrayfield Stadium, Edinburgh.

The GPBH project focused on the environments and health of children aged 0-9 in Scotland. It involved researchers, policy makers and practitioners working together in new ways to deliver knowledge and vision about the characteristics that make healthy places for Scotland's children. This 2-day Conference will share the knowledge gained from gathering, assessing and integrating different kinds of evidence and collating it to inform the development of policy. [Read more here](#).

Climate justice conference (Edinburgh)

The Scottish Government, the Joseph Rowntree Foundation and Sniffer (Adaptation Scotland) invite you to a free one day conference "Climate justice: delivering socially just adaptation" in Scotland on Thursday 13th September at the Scottish Government's Victoria Quay building in Edinburgh from 10.00am to 3.30pm. This event will be relevant to a wide range of people working across the public, private and voluntary sectors.

Further details are provided on [the Adaptation Scotland website](#).

Digital Participation Event (Glenrothes)

This free event is being organised by the Digital Participation Action Group (DPAG),

which aims to increase the level of digital participation in Scotland. The focus of the day will be on promoting digital participation among the over 55 age group. Public, third and private sector organisations will discuss how they can work together to achieve this.

The event will begin at 10am and close at 3pm and will be launched by a Scottish Government Minister (TBC). The programme will feature a mix of formal and informal sessions, including speed-dating-style networking between private and public/third sector organisations. Lunch will be provided. [Book here](#).

Nourish Scotland Conference (Musselburgh)

'Scotland's Food 2020 - Healthier, Wealthier, Greener, Smarter, Fairer?' is a conference from Nourish Scotland running over two days from Friday 28th to Saturday 29th September 2012 at Queen Margaret University. It will explore Food 2.0 - a food system which feeds everyone well and affordably while delivering vibrant, diverse and climate-smart local food economies. The keynote address will be from Anya Hultburg from Copenhagen's House of Food which converted 75% of the city's public food to organic. [Book here](#).

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Training

Training on managing self-harming behaviours (Edinburgh, Galashiels and Paisley)

This workshop will provide participants with tools to work with people who self-harm on an on-going basis. The main objectives are:

- Understanding why each individual self-harms.
- Harm minimisation: What does it mean?.
- Theories trying to explain Self-harm.
- Develop and implement care plans.
- Links between self-harm and suicide.

Dates and venues:

- Edinburgh, Monday 17th September 2012 South Side, Centre 86 Causewayside Edinburgh EH9 1PY
- Galashiels Thursday, 27th September 2012 Langee Complex Marigold Drive Galashiels TD1 2LP
- Paisley, Thursday 18th October 2012 RAMH 41Blackstoun Road, Paisley PA3 1LU

For more information and booking a place contact: Maria Naranjo, info@harmlesspsychotherapy.com, www.harmlesspsychotherapy.com, 07557056049.

Social Return on Investment training (Edinburgh)

This Greenspace Scotland training seminar, 'What's it worth? Proving the value of what you do', offers a practical introduction to the Social Return on Investment (SROI) approach. Taking place on Wednesday 26 September, 10am to 4pm (registration 9.45am), at the Space, Media Education, 183 Dalry Road, Edinburgh, EH11 2EB, this course will introduce the principles on which a SROI is based in a simple, engaging and interactive manner and will support participants to test the approach on

a project or activity of their choice. The event costs £50 for greenspace scotland network members, £75 non-members. Contact info@greenspacescotland.org.uk

Supporting the Professional (Elgin)

This training is aimed at anyone in Grampian whose job involves an element of health improvement. It is designed to raise awareness of the free services available to support your work with the public, patients and/or service users. The training is available free of charge and takes place on Wednesday 12th September in Dunbarney House, Dr Gray's, Elgin, 10:30am – 12noon. More information on the training is available at www.hi-netgrampian.org/stp as well as details on how to book a place.

Keeping the Balance (Glasgow)

Delivered by COPE Scotland, this training offers personal development strategies to help you, or help you to help others. There is a choice of two sessions:

- 9.30am - 12.30pm, Friday 14th September 2012
- 10.00am - 1.00pm, Saturday 15th September 2012

Both take place at the Albany Learning and Conference Centre, 44 Ashley St, Glasgow. Book your place at outreach@gcvs.org.uk or, if you have any questions prior to the event, please contact Nina on 0141 332 2444 or at outreach@gcvs.org.uk

Developing Your Organisation (Glasgow)

This training from the Craighead Institute is an integrated learning programme for voluntary organisations, running over 5 days from September – November 2012. will The training uses a variety of learning tools, processes and organisational change theories in a series of modules and coaching sessions in order to learn about organisational development. Crucially, over the duration of the learning programme, you will actually work upon an organisational development initiative that is tailored to your own organisation's needs.

The programme takes place over five days at the Albany Centre in Glasgow, spread over three months. It starts with a two-day module, followed by individual coaching sessions, then another two-day module, more coaching and a final review day.

This five day course is priced at only £550 per place or £1000 for two places. This includes all materials, lunch and refreshments. And, thanks to a potential grant of up to half the cost per attendee, the course could cost you only £500 for two places which equates to £50 a day for first-rate training.

See http://www.gcvs.org.uk/whats_on/1931_developing_your_organisation for more information, and to book. Alternatively interested organisations can contact Duncan Wallace duncanwallace@phoncoop.coop , 07786050893 or Joette Thomas on 07879058461.

Human Rights and Health (Glasgow)

NHS Health Scotland and the Scottish Human Rights Commission are hosting a free learning session on human rights and what it means in practice for NHS Scotland. Through a mix of speakers and practical exercises, the session aims to further your knowledge on how human rights can contribute to your policy and decision making processes. A resource pack of case studies will be presented on the day.

This event will be of interest to staff responsible for policy or service development, impact assessment and PFPI. However, it will also be of interest to anyone who would like to develop their understanding of human rights in NHS in Scotland.

The event will take place on Wednesday 3rd October 2012 at the Teacher Building, 14 St Enoch Square, Glasgow, G1 4DB, 10am – 3pm (registration and refreshments available from 9.30am, lunch provided). To book a free place at this event please visit <http://www.humanrightshealth.eventbrite.co.uk> or if you are unable to do this, please contact Catriona Bowie by email catrionabowie@nhs.net or phone on 0141 354 2985. Further detail on speakers, aims of the event and content can be found [here](#). If you have any queries please contact Katy Hetherington on 0131 313 7561 or katy.hetherington@nhs.net

Influencing Politicians and Political Structures (Glasgow)

This free training event from the Coalition for Racial Equality and Rights takes place in Glasgow, Wednesday 26th September 2012, 10.30am – 4.30pm. It concentrates on building the foundations you need to communicate effectively with political decision makers. The event will:

- Explore Scottish and UK political structures
- Introduce a range of ways to influence political decision making
- Look at tips for successful political engagement in Scotland

This event is open to community campaigners, volunteers, staff and board members from Scottish voluntary and community sector organisations. No previous knowledge or experience is required. Book your FREE place by contacting Nadia Rafiq at CRER to book: email nadia@crer.org.uk or telephone 0141 418 6530. Closing date: Friday 14th September 2012.

Social networks training (Glasgow)

This Rock Trust training is a full day aimed at professionals supporting individuals who are held back by isolation, loneliness and vulnerability as a result of a lack of positive relationships in their life. The training will look at the importance of supportive relationships and how these can be developed to allow individuals to make positive steps forward in their life. It will also discuss ways for your service to utilise social network practice in your work. Participants will be able to:

- Understand how Resilience, Transitions & Social Networks impact on the individuals using the service
- Support service users to explore their Social Networks, improve skills & develop positive relationships.
- Consider how services can embed Social Networks practice in order to improve outcomes for individuals.

The training takes place on Thursday 27th September 2012 and Friday 26th October 2012 – 9.30am – 4.00pm (please specify your preferred date when booking). It will take place at the training room, Mickel Fund, 1 Atlantic Quay, 1 Robertson Street, Glasgow G2 8JB. Cost: £25 per delegate, inclusive of lunch, teas and coffees. To book a place on this training please email training@rocktrust.org or telephone 01315574059.

Universal Credit Training (Glasgow)

This 2 hour course from One Parent Families Scotland covers the framework of the new Universal Credit that will be introduced next year and which will replace most of the existing benefits and tax credits. The course covers what is currently known about Universal Credit although there are still details that are not yet in the public domain. The information sessions will run on the following dates:

- Thursday 06 September (10am-12pm)
- Thursday 13 September (10am-12pm)

- Thursday 04 October (10am-12pm)
- Thursday 11 October (10am-12pm)

Use our online [booking form](#) or contact Rory Ross on 0131 556 3899 or [email](#). A £15 non-refundable administration charge will be made.

BME employment training (Glasgow)

“Employability & Health: Black & Minority Ethnic Skills Development Path Training Programme” (BME SDPTP) is a programme from REACH Community Health Project aimed assist Black and Minority Ethnic Communities including Refugee groups to access suitable training, volunteering and employment opportunities.

The programme includes; confidence building, developing self-esteem as well as advice and information on Employment & Health which is culturally focused. Individuals will be guided by an Advisor who will help them to develop and follow a Personal Action Plan.

Skills Development Workshops will take place at Network House, 311 Calder St, Glasgow, on Tuesday the 28th of August 2012 and then every following second Tuesday. REACH also offers a drop-in service on Thursday from 10am-12pm at Network House, 311 Calder Street, Govanhill, Glasgow.

For further information contact Padam Singh on 0141 585 8022 or padam@reachhealth.org.uk

Curriculum for Excellence and Youth Work (Glenrothes, Aberdeen and Irvine)

This three-hour Youth Scotland training session is a hands-on introduction to Curriculum for Excellence, with a particular focus on the contribution youth work can make to this key education policy. These events are supported by Scottish Government, Education Scotland and are hosted by Local Authority partners. Suitable for youth workers, teachers and anyone else working with young people, participants will:

- Develop their understanding of Curriculum for Excellence and how their work relates to it
- Understand the Curriculum for Excellence experiences and outcomes and to be able to describe their own work in terms of them
- Discover how non-formal learning awards can demonstrate achievement of experiences and outcomes

When and where?

- 28th September 2012, 10am till 1pm, Rothes Halls, Rothes Square, Glenrothes, Fife
- 9 November 2012, 10am till 1pm, Marr Room, Woodhill House Annexe, Westburn Road, Aberdeen/Aberdeenshire
- 16 November 2012, 10am till 1pm, Greenwood Conference Centre, Greenwood Gate, Dreghorn, Irvine, North Ayrshire

This event is free. Cancellation and non-attendance fees apply. [Book your place here](#). To view feedback from the training so far, download the [evaluation summary](#).

Short Course on Cultural Planning (Paisley)

This short course provides an introduction to the background and concepts of cultural planning, drawing on a range of sectors such as culture, housing, planning, social work, health and education. Aimed at professionals working in these areas, the course will be of interest to those who wish to understand the background, concepts

and approaches to cultural planning and those seeking to develop partnerships and collaborators from across a range of areas to finance new initiatives and developments.

The course takes place at the University of the West of Scotland on 6 & 7 September and 4 & 5 October 2012. Click [here](#) for full information.

Professional Development Award (PDA) in Youth Work (Stirling)

Linked Work and Training Trust (LWTT) are starting a new Professional Development Award (PDA) in Youth Work in Stirling in September 2012 and are now taking Expressions of Interest. The PDA in Youth Work is a nationally recognised accredited SQA qualification at SCQF Level 6. Course units include:

- Understanding and exploring Youth Work
- Engaging with Young People
- Delivering Youth Work

All sessions will take place at a central location in the Stirling area. For further information or to complete an Expression of Interest Form please contact Pauline Mercer email: pmercer@lwt.org.uk or Tel: 01324 489666.

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Vacancies

Community Living Assistants (Aberdeen or Dundee)

Capability Scotland is looking for a Community Living Assistant (1 in Aberdeen, 1 in Dundee) to provide housing support and care at home to service users with disabilities and support them with tasks associated with day-to-day living. The successful candidate will also be required to support the individual to access community based activities and resources. Salary: £15,033 - £17,088 pro-rata, p/t.

Click [here](#) to find out more about the Aberdeen post and [here](#) for the Dundee post. Closing date for both posts is 10 September 2012.

P/T Local Area Coordinator (Dalkeith)

Community Links are recruiting a Local Area Coordinator (£23, 232 pro rata - fixed term contract to 30 September 2013, 20 hours per week) who will be responsible for developing and delivering a project which involves volunteers to provide a service to isolated older people living in Midlothian. The Project enables older people to participate in activities within their community or in their home through the support of volunteers. The LAC will promote the development of new opportunities and links within local communities throughout Midlothian.

For more information and an application pack please go to <http://www.volunteermidlothian.org.uk> or telephone 0131 660 1216. Closing date: Friday 7 September 2012

Young Person's Outreach Counselling Support Worker (Dunfermline)

Safe Space is a Dunfermline based charity (SC008695) providing a range of support services for children (aged 12-18 years) and adults who have experienced sexual abuse. The project wishes to recruit an enthusiastic and self motivated individual into

the post of Young Person's Outreach Counselling Support Worker. Counselling diploma, experience of supervising counsellors and experience of working with young people essential. Own transport and clean driving license essential. Subject to PVG check.

Salary £25,397 pro rata 16 hours per week (may include evenings and weekend work). The post is funded by The Volant Trust and The RS MacDonald Trust until September 2014. Contact mandy@safe-space.co.uk for application documents. Closing date for applications Monday 17th September at 5pm.

Centre Manager - Job Share (Edinburgh)

Dr Bell's Family Centre has a vacancy for a Centre Manager who will be employed on a job share contract for 21 hours per week (£34,000 pro-rata). The successful candidate will:

- Have substantial experience of working in the voluntary sector
- Be a skilled user of Microsoft Excel and Microsoft Access
- Have substantial experience of fundraising from Trusts and Grant Funders
- Have substantial experience of implementing monitoring and evaluation processes
- Have management experience, including experience of working with a voluntary sector Board
- Be dynamic and creative, with an ability to write fluently and persuasively

See more at <http://www.goodmoves.org.uk/jobs/11468?sector=3> or contact Lesley Craise, Project Manager on 0131 553 0104, email Recruitment@drbellsleith.org.uk. Closing Date: Friday 21st September 2012.

Community Engagement Manager (Edinburgh or Glasgow)

The Scottish Community Foundation seeks a Community Engagement Manager (up to £36,000 p/a) to lead a team of staff, volunteers and occasional consultants contributing to various aspects of community engagement activity across Scotland, to develop and manage a portfolio of community based funding and support programmes and to develop practice and disseminate learning you have proven experience in, community development, grantmaking and/or related environments.

Read the full job advert at [Goodmoves](#), or go directly to the [SCF website](#) to download the application form and further details.

[Also see separate advert for Grant Programmes Manager at SCF.](#)

P/T Co-ordinator (Glasgow)

The Mount befriending Service seeks a Co-ordinator (£18,200 (pro rata) 15 hours per week) for a fixed term of 1 year. You will coordinate the delivery of a Befriending Service by a trained and supported pool of volunteers to around 25 elderly, isolated and housebound people. Working closely with a range of health and social care partners in the statutory and voluntary sector, you should be familiar with extensive networking. Also you will be able to assess and match clients and volunteers, keep good written records of your work and maintain quality standard.

For more information and to request a hard copy application form Tel: 0141 649 8800 and speak to Theresa McGuire or leave your name and address on the answering machine. An application for this position can also be downloaded from our website at: www.themountbefriendingservice.org.uk, then emailed to

themountbefriendingservice@btconnect.com. Closing Date for completed applications is Friday 7th September 2012.

Head of HR & OD (Stirling)

Volunteer Development Scotland is seeking to appoint a professional and experienced Head of HR & OD (£35,634 - £40,344) for a period of one year. This is a senior role at the heart of one of Scotland's leading social change agencies where you'll be responsible for leading a comprehensive, business focused HR & OD strategy. Read more at [Goodmoves](#). Closing date: 13 September 2012

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Websites

DOTCOM: the disability online tool from the European Commission

This new online resource offers an extensive database of information about disability laws, policies, strategies and initiatives in the Member States of the European Union, its Candidate and associated countries. The tool allows public access to direct comparisons of the policy initiatives taken by different European countries to address disability issues relevant to implementation of the [United Nations Convention on the Rights of Persons with Disabilities](#) and the [European Disability Strategy 2010-2020](#). So, for example, if you would like to cross-check the arrangements for transport accessibility in Lithuania, Bulgaria, Sweden and Ireland you can choose a specific policy area and specific countries to download a report. Alternatively, you can produce full 'country reports' for any country. The results can be exported to spreadsheet or document formats. <http://www.disability-europe.net/dotcom>

Mind Waves

Mind Waves is a website giving positive news about mental wellbeing created by community reporters who have experienced mental health issues. It is based around recruiting and supporting a group of community reporters, to create and share news stories around local programmes aimed at promoting mental health and wellbeing of communities. There are opinion pieces as well, such as a great critique of a recent Channel 4 Mental Health Documentary.

The Mind Waves project is an initiative developed by NHS Greater Glasgow and Clyde and its local partners. West Dunbartonshire Community Health and Care Partnership (CHCP) is also a funding partner of Mind Waves. More info: <http://mindwavesnews.wordpress.com/about/>

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