



Issue No 220, 1<sup>st</sup> November 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 have any news or updates from your own work locally that you would like mentioned in Snippets please get in touch.** 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 15<sup>th</sup> November** so please send anything you would like to be included before Tuesday 13<sup>th</sup> October. 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**

### **Healthy Influences!**

CHEX is pleased to announce the publication of its new report highlighting the findings of research carried out with the CHEX network of Community-led health organisations on their perceived degree of influence in local planning structures. The research was conducted between 2011 and 2012 and highlights that Community-led health organisations

- support community representatives within community planning structures
- contribute to consultation processes
- create partnership and stakeholder groups at both local and national levels
- liaise directly with policymakers and democratically elected representatives
- are well placed to reach people who do not normally interact with more formal structures

Encouragingly, nearly a fifth of respondents report that Community Health Partnership (CHPs) appear to be responsive to local Community-led health organisations in terms of influencing decision making. Respondents also cite examples of good practice in which Community-led health organisations pro-actively undertake independent research to inform local consultation processes. However, the research also reveals that many traditional barriers to involvement and influence remain in place. These include lack of information, decisions being made without consultation and experiencing partnership processes that do not support the inclusion of all partners. Addressing these barriers for greater healthy influence in the future therefore remains an on-going priority within local and national decision-making structures.

This investigation is an initial baseline study of how influential Community-led health organisations are in local decision making processes with the intention to return at future intervals to measure any discernible changes over time.

[Click here to download the report from the CHEX website](#)

### **Scottish Healthy Living Centre Alliance AGM**

The Scottish Healthy Living Centre Alliance (SHLCA) will be holding their AGM on Thursday 29 November 2012 in the SCDC Offices, Baltic Chambers, Glasgow. At this meeting the Alliance will be electing new Directors and proposing to change their name to 'Scottish Communities for Health and Wellbeing' because their membership has grown from 27 Healthy Living Centres to 70 community led health organisations over the last 18 months. If you want to find out more about the SHLC Alliance please visit: [www.shlca.co.uk](http://www.shlca.co.uk)

CHEX has worked closely with the Scottish Healthy Living Centre Alliance since it was established in 2007 and we also have a [section on the alliance](#) on our website.

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## General Information

### Deskpace Required by LEAP Sports

LEAP Sports Scotland is a new charity set up to tackle discrimination in sports due to sexual orientation and gender identity. It has just employed its first staff member who will be based in Glasgow city centre. Although LEAP doesn't have a budget for an office, it can afford to buy some deskpace within another office. It requires a flexible space somewhere in Glasgow city centre, with use of telephone, printer, and access to meeting space, and would ideally like to be situated alongside a sports group or body, or a community development organisation. If this is a potential business opportunity for your organisation, please email [hugh@leapsports.org](mailto:hugh@leapsports.org). Visit <http://www.leapsports.org> on twitter @LEAPsports or on Facebook.

You can also read about [LEAP Sport's work with SCDC](#) (CHEX's parent body) as part of the Commonwealth games Legacy Programme

### Opportunity to develop content for Health Scotland training courses

Health Scotland is looking to commission a subject writer to develop content for two training courses. The work would suit those with experience in health improvement, health promotion, working to reduce health inequalities and writing content for training courses. Familiarity with the course Health Issues in the Community and/or Improving Health: Developing Effective Practice would be an advantage. The two pieces of work cover:

1. Course development for a half-day health improvement workshop to Social Workers, Youth Workers, and CLD staff
2. Course development for a full module on health improvement/inequalities

If you would like to note interest in this work please do so by **8 November 2012** by emailing [nhs.HealthScotland-LWDTTeam@nhs.net](mailto:nhs.HealthScotland-LWDTTeam@nhs.net)

### Community Action Plan for Linwood

Linwood Community Development Trust (LCDT) will be launching a Community Action Plan for Linwood in the New Year and every household in the town will receive a copy. LCDT is a group of volunteers from Linwood who are looking at ways to improve health & wellbeing, reduce social inequalities and improve social capital within Linwood. Along with other local groups, they are determined to retain and upgrade community facilities for residents of all age groups to meet and work together to create the positive changes needed to make Linwood a more attractive place with a vibrant and healthier community.

The future Community Plan has been produced following community consultation including interviews, public meetings and a community survey which included the views of over 2200 residents of Linwood. It outlines the needs of the community as expressed by the community themselves. Details of the event to officially launch the Community Action Plan will be announced shortly. In the meantime, a copy of the plan can be found at [linwoodfocusgroup.wordpress.com](http://linwoodfocusgroup.wordpress.com).

### 'Still Game' Sessions in Edinburgh – participants wanted!

Big Hearts (Heart of Midlothian Football Club's community charity) is looking for individuals aged 60+ to participate in a brand new programme taking place at Tynecastle Stadium starting this November. 'Still Game' is a free programme that will

give individuals the chance to get involved in a range of workshops, meet other people of the same age and connect with a new social circle.

Programme dates: 20th November to 5th February (Christmas break – no sessions on 25th Dec. and 1st Jan) – 9:30am to 12pm. Workshops include:

- Healthy eating
- Keeping safe – fire and police
- Financial awareness
- Mental Health Awareness
- Former players
- Volunteering
- Singing

Each session is followed with 'light' physical activity – tai chi, stadium tours and walking, and other exercise options. Tea, coffee and drinks available. If you or someone you know would benefit from being part of this free programme, contact Ben - [benedict@bighearts.org.uk](mailto:benedict@bighearts.org.uk) for more information or call 0131 200 7204

### **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:

- The latest edition of the Scottish Government's [Alcohol & Drug Bulletin](#) contains news on the Mental Health Strategy for Scotland: 2012-2015, Ayrshire's Methadone Cessation Pilot and the Launch of Choice for Life website as well as lots of other news and updates
- Age UK's most recent [Preventing Falls update](#) is available, with news on Falls Awareness Week, useful resources, seminars and help interpreting physical guidelines for older people.
- The latest [Scottish Government's 'Getting it right...' update](#) informs us that the consultation responses for the Children & Young People Bill have been published, and also gives details on National Careleavers Week which has just finished.

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## **Consultations and Surveys**

### **National Care Standards consultation**

At the time of writing, the full details of this consultation are not available on the Scottish Government website, but we are sure they will be soon. What we do know is that the consultation involves a review of the National Care Standards, which were introduced in 2001. The consultation aims to ensure the standards meet the needs of service users as the care sector changes.

The consultation runs from 31<sup>st</sup> Oct 2012 to 31<sup>st</sup> January 2013. Go to the [forthcoming consultations page](#) of the Scottish Government website for more info. We'll put more details in the next Snippets.

### **National police consultation event for ethnic minorities**

West of Scotland Regional Equality Council (WSREC) is holding a consultation event

in partnership with the Police Reform Team on Monday 19th November 2012 to provide minority ethnic communities an opportunity to have a say in what they value in their local service and any concerns they maybe have.

In April 2013 all the police organisations across Scotland will join together to become a single police service under one Chief Constable, and the event aims to help shape the new organisation. Mr Hanzala Malik MSP (Glasgow Region) will open the event, Deputy Chief Constable, Mr Steve Allen, of the Lothian and Borders Police will explain the police reforms and take your questions.

The event will take place on Thu 11th October, 9.45am-12pm at Hopehill Road Sheltered Complex (Near Arnold Clark Garage) Hopehill Road, Glasgow, G20 7HH. To book a free place at the event please contact WSREC on 0141 337 6626 or email Janila on: [jstanley@wsrec.co.uk](mailto:jstanley@wsrec.co.uk).

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## Publications

### Scotland's mental health

The second systematic assessment of adult mental health in Scotland, *Scotland's mental health: Adults 2012*, was published by NHS Health Scotland on 19<sup>th</sup> October 2012. The report is based on a core set of mental health indicators promoting consistent and sustainable national monitoring of mental wellbeing, mental health problems and associated contextual factors.

The full report and accompanying files can be accessed at: [www.scotpho.org.uk/scotlandsmentalhealthadults2012](http://www.scotpho.org.uk/scotlandsmentalhealthadults2012). A summarised briefing of this report is also available in print. If you would like a hard copy please email your request with your postal address to [DebbieMclaren@nhs.net](mailto:DebbieMclaren@nhs.net)

### DTAS study of community ownership

Development Trusts Association Scotland (DTAS) have published 'Community Ownership in Scotland', establishing the current scale and nature of community ownership of assets across Scotland. This comes at an interesting time in Scotland, with a number of existing and upcoming Government interventions aimed at increasing the number of assets in community ownership – including the proposed [Community Empowerment and Renewal Bill](#). Findings include:

- Most community-ownership of land and other assets has taken place in rural Scotland, with two thirds found in “remote rural areas” in contrast to 1 in 20 community-owned assets being found in large urban centres.
- Out of an estimated 75,891 community-owned assets, “2740 assets are what might be termed ‘community assets’; those that bring benefit to, or can be accessed by, the whole community they are intended to serve”.
- These ‘community assets’ are used for variety of purposes ranging from community halls to renewable energy generation.
- Only 3% of community-owed assets are in the 5% most deprived areas (as measured through the Scottish Index of Multiple Deprivation).

[Read the report here](#)

### **NHS Health Scotland Early Years briefing paper**

NHS Health Scotland have published an Early Years & Childcare Publications briefing paper, providing an overview on the latest updates to NHS Health Scotland publications for parents and professionals within the area of early years and childcare. Up-to-date information on new resources, details of how to order and request translations and alternative formats is provided. The following link will take you to the updated briefing paper:

<http://www.healthscotland.com/documents/6107.aspx>

### **Report on local democracy**

Published by the Jimmy Reid Foundation, 'The Silent Crisis' reports on the current state of local democracy in Scotland. It compares Scotland to other European countries, and finds Scotland has the fewest councils and councillors, the largest constituencies, the highest ratio between the population and councillors, the lowest democratic participation, the least competitive elections and one of the lowest turnouts.

The paper refers to the recent Community Empowerment and Renewal consultation, arguing that whilst more control at community level is welcome, it will not be enough to reduce Scotland's democratic deficit. The foundation calls for the creation of a commission to create a genuinely democratic system of local government. Read the report [here](#).

### **Why Inequality Matters**

Members of [My Fair London](#), a group of volunteers affiliated to The Equality Trust, have produced a booklet called [Why Inequality Matters](#). It draws on key findings in 'The Spirit Level' and presents further essential information about income inequality and its consequences in a brief and accessible format.

### **Changing public services for the third sector**

The Scottish Government have published a report based on findings from the first three years of a qualitative longitudinal study on the third sector in Scotland. Through research with 20 third sector organisations, [The Opportunities and Challenges of the Changing Public Services Landscape for the Third Sector in Scotland: A Longitudinal Study Year Three Report \(2009-2012\)](#) discusses the challenges and opportunities of the current policy and economic contexts that are having an impact on the third sector and examines the different ways in which third sector organisations are responding.

Findings include:

- There is a significant time lag between the making of policy and putting it into practice at the level of the third sector.
- Many third sector organisations had or were making significant efforts to respond positively and pro-actively to the challenges presented by the changing funding and policy environment.
- While some TSOs had made reductions in some services because of cuts, most had avoided this through costs savings elsewhere or using accumulated underspends from previous years. Staff have been most affected.
- There were indications that opportunities for involvement in service design by the third sector may be increasing, although tendering remained an obstacle to greater involvement.

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## Funding

### Bank of Scotland Foundation Small Grants Programme

The Bank of Scotland Foundation Small Grants Programme accepts applications up to and including £20,000 from charities registered in Scotland.

<http://bankofscotlandfoundation.org/small-grants-programme>

### ACT Foundation

ACT provides grants of up to £50,000 to individuals and other charities, principally in the UK, with the aim of enhancing the quality of life for people in need, (specifically people with mental and physical disabilities). Grants generally fall into the following areas:

- Building - funding modifications to homes, schools, hospices etc.
- Equipment - provision of specialised wheelchairs, other mobility aids and equipment including medical equipment to assist independent living.
- Financial assistance - towards the cost of short-term respite breaks at a registered respite centre.

Full details are on ACT's website: [www.theactfoundation.co.uk](http://www.theactfoundation.co.uk)

### Start & Grow

Resilient Scotland's 'Start & Grow' Programme aims to help community organisations in 13 specific local authority areas by providing grant and loan packages of up to £60,000 to support development and growth. Community organisations can use the funds to help finance capital or revenue costs, including fixed asset purchases, wages, refurbishment, set up and running costs. <http://www.scottishcf.org/resilient-scotland/start-and-grow/>

### Scottish Government's Legacy 2014 Active Places Fund

The Scottish Government's new [Legacy 2014 Active Places Fund](#) provides grants of between £10,000 and £100,000 to projects which create or improve places in local communities where people can go to get active. The fund is distributed by Sport Scotland. A list of more sources of support for community sport organisations can be found on the [website of our parent organisation \(SCDC\)](#).

### Nesta Impact Investments fund

Perhaps not so relevant for smaller community-led organisations (but interesting all the same!) Nesta's latest social innovation initiative, the Impact Investment fund seeks to support social ventures with the potential to create positive social impact while operating on sustainable and scalable business model. Impact Investments makes medium term equity, quasi-equity and debt investments of between £150k and £1m in early-stage ventures based in, and supplying their products and services in, the UK. Priority areas are:

- The health and wellbeing of an ageing population
- The educational attainment and employability of children and young people
- The sustainability of communities

Website: <http://www.nestainvestments.org.uk>

### Young Carers Can Programme

The Carers Trust's second funding round for the [Young Carers Can Programme](#) is now open to any Third Sector/not for profit organisation that wishes to provide support activities for young carers across the UK. Grants of up to £2,500 are available to provide fun, social and structured activities that will improve well-being

and aspiration, through tackling social exclusion and improving the self-esteem of young carers living in their local area. The closing date for applications is 12pm on the 9th November 2012.

### **The Edge Fund**

The Edge Fund was set up this year by a small group of philanthropists and activists who wanted to explore how funds could be distributed in a way that both devolves the power of donors and creates real and systemic social change. It seeks to support communities, campaign groups and activists struggling for social, economic and environmental justice, especially those who are:

- Working for systemic change - those who seek to dismantle and replace the structures and processes that create oppression, inequality and environmental destruction
- Facing discrimination and injustice because of their class, ability, gender, race, religion, sexual orientation, or other factors - those who are actively working to challenge these injustices and to create just and healthy communities.

The first deadline, offering grants of up to £5,000, is 1 December. More information on can be found on the [fund's website](#)

### **Tudor Trust**

This trust funds small, community-led organisations which work directly with people who are at the margins of society: organisations which support positive changes in people's lives and in their communities. Grants can take the form of core funding, development funding, project grants or capital grants for buildings or equipment. Closing Date: Applications can be submitted at any time. Visit <http://tudortrust.org.uk/what-we-do/about-our-grants/> for more info.

### **Yapp Charitable Trust Grants**

The Yapp Charitable Trust is an independent grant making trust that aims to make grants totalling £300,000 to about 100 small registered charities each year. Grants of up to £3,000 per year for up to three years are available to sustain the work of registered charities with a total annual expenditure of less than £40,000 that work with: [Read more](#)

### **Santander Community Plus**

This Santander Foundation fund provides grants of up to £5,000 for salaries, equipment or materials. It is open to small local charities or local projects of national charities. Applications can be made by visiting any one of Santander's 1,300 branches and completing a short nomination form, which can then be dropped off in the special Community Plus postbox in the branch.

Nominations can be made by charities as well as Santander customers and staff. There are no closing dates and entries will be "regularly considered" by a panel of staff drawn from across the region. Successful charities will be notified within two months of submitting their nomination. Click [here](#) for more details.

### **Funding with heart!**

Heart Research UK's [Healthy Heart Grants Scheme](#) will open in early January 2013, providing support to innovative projects designed to promote heart health and to prevent or reduce the risks of heart disease in specific groups or communities. Grants of up to £10,000 are available to community groups, voluntary organisations and researchers who are spreading the healthy heart message. There are two



applications rounds per year. Applications are only accepted during January and February for the May round of grants and July and August for grants awarded in November, each year. The closing date for the next funding round will be the 28th February 2013.

At the same time, the British Heart Foundation has announced that the next closing date for applications through its [Help a Heart Grants programme](#) is the 21st December 2012. Through the programme community and voluntary groups are able to apply for funding of between £300 and £2,000 to promote heart health in their area. The Foundation are particularly interested in original and creative ideas that are patient led.

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## Events

### **Recovery & Asset Based Community Development (Dundee)**

Focussing on the importance of the community in the recovery process, these events from Figure 8 will help you think about the community assets you have locally and how they can be built upon to develop the necessary support and life opportunities needed for motivated individuals to successfully move beyond their addiction.

Figure 8 will also present the results of a recent large-scale scoping exercise undertaken across Tayside into recovery and local perceptions, which you can sign up to at [www.f8c.co.uk](http://www.f8c.co.uk).

Events are being held in the Cairn Centre, Dundee, on:

- Tuesday 27th November 9:30am to 12:30pm
- Monday 3rd December 9:30am to 12:30pm or 1:30pm to 4:30pm
- Friday 7th December 9:30am to 12:30pm

To book a place at one of the events please: email [enquiries@f8c.co.uk](mailto:enquiries@f8c.co.uk); call Figure 8 on 01382 224 846 and ask for Donna or Raegan; or visit Figure 8's website and fill in a contact form at [www.f8c.co.uk/Enquiries](http://www.f8c.co.uk/Enquiries)

### **The Annual Charities Christmas Fayre (Glasgow)**

Organised by GCVS, the Annual Charities Christmas Fayre will have a vast range of Christmas cards and gifts on offer from 55 Scottish charities. The fayre will be held on Wednesday, 14th November, 2012, 10am - 4pm, at Glasgow City Chambers. You can just turn up on the day and entry is free. If you would like posters and leaflets for display, please contact [john.robertson@gcvs.org.uk](mailto:john.robertson@gcvs.org.uk)

### **Remembrance Service (Glasgow)**

FASS (Family Addiction Support Service) is organising its 19th Ecumenical Service of Remembrance for people who have died through drug/alcohol related problems. The event will be on Thursday 22<sup>nd</sup> November 2012, 7.30pm, at St Alphonsus' Church, London Road, Glasgow. The service will be led by: Father Ian Bathgate of St Alphonsus' Church and Reverend Peter Favidge of Gallowgate Parish Church. MSP Roseanna Cunningham will open the Service. The number to call if you have a loved one whose name you would like read out is 0141 420 2050 (FASS). Everyone is welcome to the event.

### **Trellis Network Meeting (Inverness)**

Meet others and share good practice in therapeutic gardening at the Inverness networking meeting on 28th November 2012, The Floral Hall & Training Centre, Bught Lane, Inverness, IV3 5SS from 10.15 to 3.30pm. The event is free, and Trellis asks that you bring your own packed lunch or purchase at the adjacent café.

The meeting will take place in the Meeting Room (look for sign posts) of the Floral Hall which is near to the Aquadome and Leisure Centre. There is parking available at the Floral Hall or at the adjacent Leisure Centre. The event provides an opportunity for those interested in therapeutic gardening to share ideas and information, explore the topic of food and training, and to visit the training centre at the Floral Hall.

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## **Conferences and Seminars**

### **Partners for Inclusion conference (Ayr)**

A Social Care Reform Event, “Changing the Face of Services for Good” is being organised by Kilmarnock based charity Partners for Inclusion. It will highlight current and future challenges and opportunities for those working in, and getting services from, the third sector, especially those working with the most vulnerable people. It will also celebrate the journey of the charity which has spent the last 12 years working with vulnerable people in a way that protects their rights as citizens and offers ordinary solutions often to very complex circumstances and needs.

Leading expert on the reform of health and social services, Sir John Arbutnott, is to join Cathy Jamieson MP as a keynote speaker at the event at the Ramada Hotel, Ayr on Friday 16 November. Visit the [Partners for Inclusion website](#) for more.

### **One Parent Families Scotland AGM and conference (Dundee)**

OPFS’s AGM and Conference takes place on Friday 16th November at Steps Theatre, Central Library, Dundee. Entitled ‘Positive Beginnings - OPFS, the Catalyst for Positive Change’. This seminar will look at a small sample of the work being carried out by [One Parent Families Scotland](#) and how it has directly improved outcomes for families, including input from Suzanne Zeedyk on the importance of play and laughter in the early years. [Dr. Suzanne Zeedyk](#), an expert on the early communicative interactions of parents and infants, will be giving the keynote speech at the event. The event will be of particular interest to professionals working with young children, families, policy and decision makers, social work, education and health professionals, third sector organisations, and community planning. [Register now](#).

### **2012 North of Scotland WISHH Event (Dundee)**

Wellbeing in Sexual Health and HIV (WISHH) is pleased to announce registration is now open for the 2012 North of Scotland Event which will take place on the 4th December 2012, West Park, Dundee. The main themes for this event are:

- Long term needs of sexual health and BBV needs in older people
- Engaging with and delivery to hard to reach groups and vulnerable people
- Communicating positive sexual health messages

This year's WISHH awards will be presented at the regional events, including the North of Scotland event, to highlight good practice in those particular areas. There will also be a market place at the event, if your organisation is interested in having a stand please email Catriona ([Catriona.young1@nhs.net](mailto:Catriona.young1@nhs.net)) who will send you more details. Further information will be available shortly on [the WISHH website](#).

### **Celebrating Fife's Voluntary Sector 2012 (Dunfermline)**

The glitz and glamour of Celebrating Fife's Voluntary Sector 2012 will take place at the Carnegie Conference Centre in Dunfermline on Thursday 29th November 2012, 6pm – 9pm. If you're interested in finding out about previous events, please click [here](#). Nomination forms will be available for download from the [Volunteer Centre Fife website](#).

### **Children, Place and Health in Scotland Conference**

We featured this conference back in August but more details are available now which we are happy to pass on. The 2-day Conference, taking place at Murrayfield Stadium on the 27<sup>th</sup> and 28<sup>th</sup> November, will share the knowledge gained from gathering, assessing and integrating different kinds of evidence and collating it to inform the development of policy. There will be an opportunity to debate the challenges involved in integrating different kinds of evidence and in balancing national and local solutions to creating Good Places.

This free event is a joint initiative of NHS Health Scotland and the EDPHiS (Environmental Determinants of Public Health in Scotland) Project who have been working together, and with other partners, to gather and collate evidence for the GPBH prototype on children, place and health. The two days will complement one another but they are also designed so that each day is self-contained.

Please register for this event at <http://gpbh2012.eventbrite.co.uk>. To view the conference flyer and programme please see the link [here](#).

### **The Future for Public Service Delivery (Edinburgh)**

This Holyrood Magazine event discusses the bringing together of Scottish public services and the challenges that we face. The [conference blurb](#) refers to the new national Community Planning Group, which will oversee the development of community planning across Scotland. Pat Watters, Chair of the new Community Planning Group, will speak at the event along with a list of other high profile speakers. See the [agenda](#) and [booking costs](#) for more.

### **International Women's Day 2013 (Edinburgh)**

The SWC International Women's Day event will be held on Saturday 9th March 2013 in the Scottish Parliament with permission of the Scottish Parliament Corporate Body. The event will begin around 12.30pm to allow for registration and lunch. Participants will take their seats within the Debating Chamber at 2.00 pm where they will be joined by a number of invited speakers. An opportunity for networking will be available from 4.00pm – 6.00pm. If you wish to register your interest in attending this free event please do so either by emailing: [info@scottishwomensconvention.org](mailto:info@scottishwomensconvention.org) or telephoning 0141 339 4797. Places are not guaranteed until you receive written confirmation from the SWC.

### **Thinking about the economy differently (Edinburgh)**

The second in a series entitled "Rethinking Wellbeing" which focuses on the need to consider the environment, the economy and society holistically and in an inter-related manner, this free seminar will focus upon economic aspects. Economic factors are central to decision making for the sustainable use of our environment and in

promoting our health and wellbeing as individuals and a community. But is the current economic model, the focus on growth and our relationship with debt really sustainable in the world post the banking crisis and recession? Do we need to think about the economy differently? Come along to The Scottish Parliament on Thursday 15 November 2012, 18:00 – 20:00, and give your views. (registration desk will open at 17.00; please arrive early to facilitate passing through security checks to assist a prompt start)

### **Human rights and community empowerment debate (Edinburgh)**

Part of SCVO's and Glasgow Caledonian University (GCU)'s new series human rights debates, in conjunction with the Masters in Citizenship and Human Rights programme, this debate asks: "Does a human rights based approach help or hinder community empowerment?" The debate takes place on Thursday 29th November, 2pm - 4pm, SCVO, Mansfield Traquair Centre, Edinburgh, and focuses on participation and community empowerment, an area of particular importance for Scotland's third sector within the current political landscape. Places are free but limited, and priority will be given to third sector participants. To find out more and book your place visit the [event page](#) on the SCVO website.

### **Self-directed Support Scotland Conference (Edinburgh)**

On Monday, 19 November, Judith Midgley (Associate and Lead, Pilotlight Project) and Sally Witcher (IRISS Associate and Freelance Consultant) will be two of the speakers at Capita's 2nd National Self-directed Support Conference, which will be held in Edinburgh (venue tbc). The conference is an opportunity for delegates to feed into current SDS consultations and programmes assessing the best delivery options to achieve the most improved outcomes for service users. Issues to be addressed include:

- Tailoring delivery options to suit local needs whilst ensuring national consistency
- Putting service users at the heart of self-directed support design and delivery
- Developing successful engagement between commissioners and service providers
- Building capacity within the voluntary sector
- Managing the skills requirements of support workers

For further information and booking, please visit the [Capita Conference website](#)

### **Social Investment Event (Glasgow)**

TSRC, the Centre for Charitable Giving and Philanthropy and the Institute of Small Business and Entrepreneurship are putting on the following free event on social enterprise and investment at the University of Strathclyde on **Monday 5th November** from 10-4. The event intends to develop recommendations to better support, encourage and foster entrepreneurial philanthropy and social investment. A publication, produced in collaboration with ESRC, will be available after the event. Find out more and register at <http://tsrcsocialinvestment.eventbrite.com/?ebtv=C>

### **The Inverclyde Community Conference (Greenock)**

The first Inverclyde Community Conference is happening on Thursday 22 November 2012 at the Watt Hall, McLean Museum, Greenock from 2-6pm. The aim of the Community Conference is to bring together community groups and voluntary organisations from across Inverclyde to help you network and share information and ideas. You will also be able to discuss challenges and opportunities within the Inverclyde community. The event will also see the launching of the Inverclyde Community Awards and elections will be held for the third sector Policy Committee.

### **Scotland's Towns Conference 2012 (Perth)**

Just a quick reminder that Scotland's Towns Conference takes place on Perth Concert Hall on the 7<sup>th</sup> November. This annual event is the focal point of Scotland's Towns Week, and is the gathering for everyone with an interest in Scotland's towns and high streets. It asks: How do we make a cultural change in understanding what the high street could be? Looking beyond retail, the conference explores the concept of a 'framework for mess' - a model which allows different people the freedom to do things. [Click here for further information & booking](#), email [Elaine Bone](mailto:Elaine.Bone@scotlandstowns.org) or call 0844 554 9479. Also, visit <http://www.scotlandstowns.org/> for more on Scotland's towns.

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## **Training**

### **Introduction to Volunteer Management Session (Airdrie)**

VANL is running another 'Introduction to Volunteer Management' session on Tuesday 13<sup>th</sup> November in Gartlea Community Centre in Airdrie. This will be an evening session and is aimed at volunteer managers newly into post or organisations at the early stages of volunteer engagement. This session is free of charge and delivered by Aliceanne MacCorgarry, a trainer with much experience of the voluntary sector. The objectives of the session are as follows:

- To consider volunteer recruitment and induction (including appropriate paperwork)
- To consider how best to support volunteers during their volunteer work
- To consider how to retain volunteers and recognise their achievements
- To provide an overview of the new Volunteer Friendly Award to allow participants to consider whether it is suitable for their organisation.

To reserve a place at the session, please contact [kirsty.struthers@vanl.co.uk](mailto:kirsty.struthers@vanl.co.uk) at your earliest convenience, as places are limited.

### **Street Audit Training Courses (Alloa)**

The next free Street Audit Training Courses from Living Streets Scotland, in partnership with Paths for All, will be in Alloa on the 20<sup>th</sup> November with upcoming courses in Edinburgh and Inverness. The course introduces participants to the tried and tested method of street audits to improve local neighbourhoods. It is open to anyone interested in leading their group through the street audit process. By taking part in the one-day course you will learn:

- what makes a walkable community;
- how walkable communities help increase everyday physical activity, i.e. everyday walking;
- how small and larger scale improvements can make a big difference;
- what is involved in the audit process – including trying a sample audit for yourself;
- how to plan for and organise your group to undertake an audit; and
- how best to get results from the audit process.

For more information see the Living Streets [website](#) or contact Janice Gray,

Communities Co-ordinator, Living Streets Scotland, 0131 243 2649,  
[Janice.gray@livingstreets.org.uk](mailto:Janice.gray@livingstreets.org.uk).

### **Weekend Certified Laughter Yoga Leadership Course (Edinburgh)**

This training from Joyworks teaches how to use laughter yoga as a therapeutic or teambuilding tool, enabling you to be registered and endorsed as Certified Laughter Yoga Leader – an internationally recognised qualification. It will be relevant to anyone from workshop leaders and youth workers to occupational therapists and clown doctors. You'll receive a 60page e-manual and be able to deliver laughter sessions in a wide range of settings. The course will take place at The Healthy Life Centre in Edinburgh on 24th and 25th November, 10am-5pm. It costs £295 (Funding available and part payment plans available on request). Contact: Sharon Miller, 07842414765, [sharon@joyworks.co.uk](mailto:sharon@joyworks.co.uk). Visit [www.joyworks.co.uk](http://www.joyworks.co.uk) for more.

### **Recording and measuring personal outcomes (Edinburgh)**

On 3rd December 2012, IRISS (Institute for Research and Innovation in Social Services) will run a free, one-day workshop, which will explore with participants a range of issues related to recording and measuring the outcomes important to people who access support and the outcomes of their unpaid carers. The workshop will:

- report on IRISS's work on recording and measuring outcomes
- highlight new tools to measure and record outcomes
- share learning from the project partners
- undertake activities to generate ideas to improve the recording and measuring of personal outcomes

IRISS want to encourage participants to share and discuss their own approaches, tools and ideas around key issues. The event will be relevant to organisations at all stages of the development of an outcomes approach, and would be of interest to practitioners and managers who are, or will be, capturing and using personal outcomes data. The event will be held at the Melting Pot in Edinburgh from 9.30am to 4pm. Further information and booking is available at:

<http://irissmeasuringoutcomes.eventbrite.com/>

### **Connecting Moray (Findhorn)**

The Findhorn Foundation is providing free training, expertise and equipment to provide a portable web streaming facility that will allow individuals and groups across Moray and beyond to create online conferences, trainings, meetings and community events. The training will take place at The Universal Hall, The Park, Findhorn over 5 days from Monday 19th November and practice sessions will run between December and January 2012 at various locations around Moray (up to 5 additional days). Places are limited to 7 for this last course and it is a requirement of the training that participants will support the streaming of a number of live events to continue to develop the skills they have learnt. The events will cover a wide range of styles with a mixture of day-time and evening work. For more information or to apply, please contact Debbie Herron ([debbie.herron@findhorn.org](mailto:debbie.herron@findhorn.org)) for an application form or call 01309 690 808.

### **Winter programme at the Albany (Glasgow)**

The new GCVS Winter Community Activities Programme at the Albany offers a mix of activities, including:

- Workshops with Universal Comedy for people with ill health
- A range of taster lectures delivered by the University of Glasgow's Centre for



Open Studies.

- Reminiscence sessions using kits provided by Glasgow Museums
- A family cookery club presented by journalist and food-lover Tom Shields.
- A variety of weekly fitness and health sessions led by local trainers.

For more on these and other courses visit the [GCVS website](#).

### **Evaluating your project: collecting information to report on outcomes (Stirling)**

From Trellis, this training takes place on 22nd November 2012, 9.30 - 4.00pm, at Forth Valley College, Stirling Campus, Drip Road, Stirling FK8 1SE (use FK8 1RR). This day session focusses on collecting information on soft outcomes (e.g. outcomes from training, support or guidance interventions such as increased confidence) which unlike hard outcomes such as qualifications and jobs, are likely to describe an individual's journey). It should help avoid the common evaluation pitfalls of not knowing why you're collecting information in the first place, or feeling like evaluation means less time for real work! At this workshop you will: learn how to set outcome indicators to help you measure your outcomes; learn about methods and tools to collect information about outcomes; and draw up a simple monitoring and evaluation plan for your project. Download [Further Information](#) and [Booking Form](#). Book by 15<sup>th</sup> November to ensure your place.

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## **Vacancies**

### **British Red Cross posts (Across Scotland)**

The British Red Cross is advertising to fill a variety of different posts across Scotland, including Community Support Workers in East Lothian, Inverness and Ross-shire, a People and Learning Manager in Hillington, Glasgow and a Senior Practitioner in East Lothian. See the [jobs page](#) on the British Red Cross website for more details although, be warned, most of the application deadlines are in the next few days.

### **Voluntary Arts Scotland Co-ordinator (Edinburgh)**

Voluntary Arts Scotland seeks a Co-ordinator as the senior manager for Voluntary Arts Scotland, providing strategic leadership and acting as an advocate for the voluntary arts sector within the wider voluntary and arts policy environment throughout Scotland.

The Co-ordinator is the public face of the organisation in Scotland and will act as an advocate and champion for the voluntary arts sector, working closely with Creative Scotland, the Scottish Government, the national voluntary arts umbrella bodies, local authorities and voluntary and community sector agencies. The Co-ordinator is also responsible for achieving sustainability and growth for the organisation, day-to-day maintenance and development of management systems and supervision and development of an established staff team.

For further information, please contact [lindsey@voluntaryarts.org](mailto:lindsey@voluntaryarts.org) (Lindsey Jackson), or visit <http://voluntaryarts.org>. The deadline is Friday 09 November 2012 at 17:00.

### **Participant Coordinator (Glasgow)**

The GalGael Trust is seeking a Participant Coordinator (F/T Salary £24,942 - 27,165 plus pension) to play a central role in delivering its mission; supporting people in

carving out a future. The new post will lead on the delivery of GalGael's new participant programme - Journey On. This programme aims to provide positive learning journeys that reconnect people with the best within themselves.

This is an initial 12-month contract with continuation subject to continuation funding. For more information including a job description and application form please see <http://www.goodmoves.org.uk> or contact Helen Hollywood, Office Manager, GalGael 0141 427 3070 or [helen@galgael.org](mailto:helen@galgael.org). Closing Date for applications 9 November (applications by email or post).

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## Websites

### Living systems research website

This website may be of interest to those who are disappointed to miss out on the upcoming Yoland Wadsworth seminar part-organised by SCDC (CHEX's parent organisation). The event, which was advertised in [the last edition of Snippets](#), is now fully booked, and the interest generated indicates that many people in community-led health would like to find out more about Professor Wadsworth's work.

<http://www.livingsystemsresearch.com> is a website for her book about a living systems inquiry epistemology. To some extent, the website exists to promote the book, but it also gives an introduction to what living systems inquiry is – a type of [action research](#) which claims to bring a completely different dimension to traditional approaches to research, evaluation, policy-making and practice in general.

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## Campaigns

### Stop the 'Race to the Bottom'

Unite the Union is asking people to put their names to its campaign for sector wide standards in social care and housing in order to protect service users and provide security and stability to workers. Unite points out that cuts to staffing levels and increasing pressure on care workers to deliver more for less is a false economy – experienced staff are being lost and the quality of services is being damaged. It asks employers and commissioners who care about services to communities, to sign up to a voluntary code covering pay, working hours, working patterns, staffing levels, staff training and pensions. [Join the campaign here](#)

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The Community Health Exchange (CHEX) is primarily funded by NHS Health Scotland and is a part of the Scottish Community Development Centre (SCDC). SCDC is a company limited by guarantee, registered in Scotland, No. 361532. SCDC is a registered charity in Scotland, Ref No. SC 040614.

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