



Issue No 221, 15<sup>th</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 29<sup>th</sup> November** so please send anything you would like to be included before Tuesday 27<sup>th</sup> November. 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**

### **From local to national and back again!**

A new briefing is available which provides information on the Learning Exchanges between Community and Voluntary Sector Health Organisations & Scottish Government Civil Servants which CHEX has been part of.

To give a bit more detail on these, the Scottish Government in collaboration with CHEX, Community Food and Health Scotland and Voluntary Health Scotland sought to create opportunities for structured dialogue between community-led and voluntary health organisations and civil servants. The Exchanges aimed to increase the understanding of each other's role and the potential for joint working on the planning delivery of policies on health outcomes.

This briefing summarises the process and activities together with the lessons to support national bodies and community-led and voluntary health organisations in joint working on health outcomes. It provides insights into (a) the work and impact of 4 organisations – Lifelink, Healthy Valleys, Broomhouse Strategy Group and Car Gomm (b) the role of civil servants in implementing national health and social care policies and (c) outlines a model to develop opportunities to enhance national and local collaborative working. [Click here to download the briefing.](#)

### **LGBT Health celebrates and expands across Scotland**

“People who access our services report on life changing experiences” – this was emphasised many times at the AGM of the LGBT Health held on Monday 12th November. CHEX were part of packed room of members, supporters and funders who heard about LGBT Health's inspiring work over the past year. LGBT Health (previously LGBT Centre for Health and Wellbeing) opened in 2003 and in common with many community-led health organisations has experienced a bumpy ride in securing funding to sustain the organisation and development the work programme. But, despite the harsh funding environment, LGBT Health has grown with delivering innovatory work programmes including: the LGBT Mental Health Demonstration Project, LGBT Age Project and LGBT Social Capital Programme. They have recently launched their new Scotland-wide Transition Support Service, which supports transgender people seeking to undergo, currently undergoing or who have recently undergone a process of gender reassignment/transition.

The AGM closed with Margaret Smith, Chair of Board of Directors reminding us all of the real progress that has been made in raising awareness about the needs of the LGBT community and that LGBT Health has contributed to this in many significant ways. But, there is still much to be done in addressing discrimination and reducing the levels of isolation and social exclusion experienced by LGBT people. Information about the organisation can be viewed at [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk).

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## General Information

### Listen to discussion on assets based approaches to intervention

IRISS.fm, the radio channel from The Institute for Research and Innovation in Social Services (IRISS), recently featured a discussion around asset-based approaches to working with communities and improving people's health. Participants include Fiona Garven, Director of SCDC (CHEX's parent organisation) and Jennifer McLean of the Glasgow Centre for Population Health. There are also extracts from a presentation by Paul Morin of Sherbrooke University in Canada on the findings of his research in Trieste, Italy, and in two neighbourhoods in Canada.

Asset-based approaches tap into and mobilise the human capital that exists in people and communities to create strong social and community networks. The approach puts emphasis on developing people strengths rather than concentrating on their needs.

[Listen to the broadcast here.](#)

### Apply now for SRN's recovery workshops

If you deliver mental health services in Scotland and would like them to be more recovery focused, you may be interested to know that The Scottish Recovery Network (SRN) and NHS Education for Scotland (NES) are proposing a series of one-day 'Developing Recovery Focused Services' workshops around Scotland in February 2013. These free workshops will take place in Glasgow, Aberdeen, Dundee, Inverness and Edinburgh. The deadline for applications is 22nd December. Find out more, including how to apply on [the SRN website](#). Places are limited so the advice is to book early.

### Community Development in Action in Dublin

Three videos on the work of Dublin-based community development organisation, CAN (Community Action Network), are now available for viewing on Youtube. These videos were produced to coincide with CAN's 25th anniversary - which was celebrated at a birthday event in Croke Park, Dublin, October 25th, 2012.

The videos explore CAN's Leadership in Action programme, which uses a rights based approach to challenge lack of regeneration by authorities. Community action is built from the ground up, starting with personal issues and linking these to wider systemic issues – in some ways, not too different from [CHEX's HIIC training](#). Leadership in Action often leads to communities being engaged in local and national government. In addition to building confidence and community capacity directly, this approach puts pressure on those in power to do things differently.

The three videos are:

- [CAN: The Practice of Leadership Part 1 - Leadership in Development](#)
- [CAN: The Practice of Leadership Part 2 - Leadership in Action](#)
- [CAN: The Practice of Leadership Part 3 - Leadership in CAN](#)

You can find out more about CAN at [www.canaction.ie](http://www.canaction.ie)

### Meeting facilities in Glasgow city centre

A short walk from Central and Queen Street Stations, and Buchanan St Underground, Positive Action in Housing's boardroom sits up to 15, with additional open-plan spaces suitable for break-out sessions. All proceeds go towards PAIH's charitable work with the destitute, homeless and those facing poverty, discrimination within the BME communities.

Meeting facilities available: Overhead Projector, Flip Chart, Pens, Wireless Broadband, Disabled access, catering to suit all dietary requirements. Hire Costs (excl. refreshments and catering):

- £20 per hour
- £50 for a half day (max. 3 hours)
- £125 for a full day (max. 9.30 am to 4.30 pm)

For more information, contact Razgar Hassan on [home@paih.org](mailto:home@paih.org) or call him on 0141 353 7966.

### **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:

- See the latest [VHS news](#) for info on VAF small grants being extended, the IMPACT self-management fund, and on a Scottish Government fund for “protecting Scotland’s poorest”.
- The latest CDAS bulletin has been sent out and can be read here. As always, it contains a wealth of useful policy summaries and other information related to community development. November’s issue contains: info on the launch of the [Early Years Collaborative](#); a [report](#) from the National Framework for Child Protection Learning and Development; the Scottish Youth Parliament Elections.
- The latest edition of NHS Health Scotland’s electronic newsletter [All in Good Health](#) includes a focus on social media and mobile technologies, an article on tackling harmful drinking and Choose Life’s ‘Read between the Lines’ campaign.
- We included a story from this above, and there is plenty more in the [Scottish Recovery Network’s November e-bulletin](#), including news on Scotland’s emerging addictions recovery movement.
- UNICEF’s [Baby Friendly Initiative Research News](#) has details of a study about UK women’s attitudes towards breastfeeding, and links to resources including a cost analysis of breastfeeding.
- [November’s Wellbeing in Sexual Health \(WISH\) bulletin](#), from NHS Health Scotland, contains news on North Highland Infant Mental Health Best Practice Guidelines and a Midlothian LGBT Survey.

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## **Consultations and Surveys**

### **Land Reform Review**

The Land Reform Review Group is an independent review group set up by the Scottish Government to develop proposals on land ownership in Scotland. The group wants to identify key themes for further exploration and calls for evidence, with responses invited by 11 January 2013. The Review Group now has its own [webpage](#) on the Scottish Government Website, where you can find out more about the consultation and how to get involved. The webpage also has details of upcoming consultation events in Tarbert and Fort William.

### **Future priorities for LGBT Equality**

The Equality Network and Scottish Transgender Alliance are holding a number of

special consultation events all over Scotland. The new equality laws mean that the Government, Local Authorities, Police, NHS and others are making crucial decisions by April 2013. The Network wants to hear your views on:

- what should be done to combat LGBT discrimination
- what you need from local and national services
- what is a priority and what could be done in future
- what can happen in your local area.

Click on the links below to book places at upcoming events in:

- [Stornoway, Western Isles Fri 16th Nov 6.30pm](#)
- [Ayr, South Ayrshire Tue 20th Nov 6.30pm](#)
- [Dumfries Thur 22nd Nov 6.30pm](#)
- [Hawick, Scottish Borders Sat 24th Nov 2pm](#)
- [Stirling Tue 27th Nov 6.30pm](#)
- [Edinburgh Thur 29th Nov 6.30pm](#)
- [Glasgow Sat 1st Dec 2pm](#)
- [Inverness, Highland Tue 4th Dec 6.30pm](#)
- [Irvine, North Ayrshire Wed 5th Dec 6.30pm](#)

### **Review of NHSGGC's Equality Scheme**

NHSGGC is inviting equalities organisations to participate in the review of its Equality Scheme. The review aims to identify specific targets and provide details about what the organisation is doing to promote equality and tackle discrimination for all patients and staff. Therefore, it wants to work with patients representing the various protected characteristics and other groups that continue to experience discrimination, and would like to invite relevant organisations to participate in the review by giving their opinions and suggestions.

The following newsletter provides more information and opportunities to respond, including a short survey. It also invites organisations to become part of NHSGGC's Health Equalities Network, a forum which is regularly invited to participate in the planning of NHS services. See <http://ggc.cmph.org/o/-ttZYL7un4U>

### **Scottish Women's Convention Sectarianism Survey**

Despite a wealth of research on sectarianism there is no specific information available focusing on its effects on women. The SWC is undertaking a project, looking at what sectarianism means and its effects on women in communities and they would be grateful if you could fill in their [survey](#) by Friday 7th Dec.

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## **Publications**

### **Report from Community Councils Short-Life Working Group**

In December 2011, the Scottish Government established a The final report from the Scottish Government's short-life working group on Community Councils is now available. The group's remit was to consider how best to build the resilience, capacity, and capability of Community Councils. It explores the internal operations Community Councils as well as their wider engagement and relationships with the public sector (including local authorities), the general public and the communities that

they strive to represent.

The report acknowledges that many other types of community organisations exist but states that Community Councils have an important role as a statutory community representative group. Therefore, the working group sees value in Community Councils and suggests improvements rather than radical overhaul. Read the report [here](#).

### **Long term monitoring of health inequalities**

The Scottish Government has published the fifth annual publication on headline indicators following the Equally Well report of the Ministerial Task Force on Health Inequalities in 2008. Long-term Monitoring of Health Inequalities: Headline Indicators report shows the gap in health outcomes between the most deprived and least deprived areas of Scotland for a variety of indicators in both absolute and relative terms. Amongst other findings, the report notes that:

- The highest level of relative inequality continues to be seen in alcohol-related deaths among those aged 45-74.
- Between 1997 and 2010 the death rate for coronary heart disease (CHD) among those aged 45-74 years fell 57%. The reduction was slower in the most deprived areas of Scotland than elsewhere.
- There are signs of recently improving trends in Low Birthweight, Premature Mortality, and Alcohol Related Hospital Admissions.
- Over the longer term, inequalities have widened in one or both measures for All-cause Mortality (aged 15-44) and Cancer Mortality (aged 45-74).

Full results for all eleven indicators are available in the publication, which can be accessed [here](#).

### **Using Skype for peer support**

Action for M.E. has published a [toolkit](#) describing how people with M.E. can meet using the online communication system [Skype](#) to share support and information with each other.

Action for M.E. received funds from the [Health and Social Care Alliance](#) (previously known as Long Term Conditions Alliance Scotland) to set up a pilot in Scotland exploring how Skype could be used to enable people who are housebound with M.E., or have no local group near them, to gain support from others with the condition. The toolkit is based on what was learned from the pilot. [Click here for more information](#).

### **Samaritans Men and Suicide Research**

Samaritans have recently published research which looks at why men in mid-life from disadvantaged backgrounds are 3 times more likely to take their own lives.

The report, which can be downloaded [here](#), explores the reasons for suicide beyond mental health issues in this group of men and calls for suicide to be addressed as a health and social inequality.

### **A stronger collective voice for people with dementia**

Findings from the one-year Dementia Engagement & Empowerment Project have are available in [this Joseph Rowntree Foundation report](#). The study was a one-year investigation aiming to highlight groups and projects across the UK involving people with dementia. The report (summary) found that:

- There are only a small number of groups led by, or actively involving, people with dementia that are influencing services and policies.
- 'Influencing' work includes national lobbying and meeting with government officials, local lobbying of services, media work, training and education, participating in advisory groups, awareness-raising, and speaking at events.
- Most groups undertook influencing work alongside peer support and social activities, and were local and relatively informal.

The report offers specific ways forward for organisations wishing to engage with people with dementia.

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## Funding

### Challenger Children's Fund

This fund offers small-scale financial help for physically disabled young people in Scotland. It will fund anything that is not provided by statutory sources - so that could mean expenditure such as a washing machine, holiday expenses, clothing, computer hardware or specialised adapted equipment.

Applications can be made on behalf of physically disabled person under the age of 18 and resident in Scotland. Applications need to be sponsored by a social worker, health visitor or professional who is in regular contact with the family. Read more on the [fund's website](#).

### VOLANT

The Scottish Community Foundation works with The VOLANT Charitable Trust, to make awards of up to £10,000 per annum on its behalf to charities and community groups in Scotland. The fund's primary focus is to support women, children and young people who are at risk and facing social deprivation. Projects which tackle serious issues and help people to turn their lives around are given priority.

There is limited funding available, so only those projects that closely match the above criteria are likely to be considered for support. Projects must demonstrate a strong focus on supporting women affected by hardship or disadvantage and on tackling the issues they face in order to make a lasting difference to their lives and life chances. Click [here](#) for more information on how to apply.

### Funding for holidays

The 2013 funding round is now open for the [Family Holiday Association](#). This fund gives financial support to families on low income to visit holiday holiday parks such as Haven or Butlins. Holiday park breaks include free accommodation, linen rental, entertainment passes and holiday insurance (subject to medical conditions) and there may be a contribution towards the family's holiday expenses. All families must meet the following criteria for their application to be considered.

1. The family is on a low income
2. The family has not been on holiday for the past four years
3. The family has at least one child between three and 18 years of age
4. The family has been referred by a referral agent e.g. a health visitor, social worker, housing association, school, support worker, etc.

Applications can only be accepted from referring agents. The Family Holiday Association cannot accept calls or take queries directly from families.

### **Better Breaks**

From holidays to breaks now, with news of Better Breaks, a Scottish Government initiative as part of their commitment to the development of Short Breaks for the benefit of disabled children and young adults and their carers. Over £1.2m of grants will be distributed to third sector organisations to develop additional, responsive and creative short break opportunities for disabled children, young children and their families. The funding will be available from April 2013 to March 2014. The deadline for applications is 12 noon 12th December 2012, and application forms and all accompanying documents can be found on the [Shared Care Scotland Website](#).

### **The Community Grant Programme (CGP)**

Administered by the Voluntary Action Fund, this small community grant programme – which used to be known as the Community Chest programme – has been extended to the end of March 2013. During 2008-12, it helped over eleven hundred community groups and organisations across all local authority areas in Scotland to sustain and improve their activities.

Aimed at Scotland's smaller community groups and voluntary organisations, the Community Grant provides grants of up to £1,000 and free training to groups with an annual income under £25,000. Groups can apply for funding for a wide range of activities or operational costs, however VAF is particularly keen to fund activities that will help build and develop strong organisations.

There is one remaining round for applications to the Community Grant programme. Completed applications should be submitted by 14 January 2013. For further information and to download the application form and guidance notes [click here](#).

### **Sported**

Sported supports groups that use sport to develop their local community can access funding grants to become more sustainable. It works with community sports organisations, many of which operate in hugely deprived and challenging communities. Through a network of skilled volunteer mentors, sported. helps these groups to become more sustainable as well as helping them to obtain much needed funding through:

- Small grants of up to £2,000 which are available for specific projects
- Main grants programme which average £7,000. To access this grant groups need to be successful in receiving 1 to 1 support.

Organisations should apply for free membership before they apply for the grants. Visit <http://www.sported.org.uk/> for more information.

### **Peoples health trust - active communities programme**

The Peoples Health Trust has announced the launch of its new Active Communities funding programme. Under Active Communities, local charities and community groups can apply for grants of between £5,000 and £25,000 to address health inequalities. The Active Communities Funding Programme aims to close the gap between those communities which experience the worst health in England, Scotland and Wales and the majority of the population. The programme is currently open for applications in some areas. To find more information and if your area is open for applications, [click this link](#).

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## Events

### **Building Self-Directed Support Capacity in Local Mental Health Organisations (Lothian, Fife and Perth)**

In February, 2012 the Self-directed Support Bill was introduced to the Scottish Parliament. Self-directed Support (SDS) gives people greater control over their social care budget, how their social care needs are met, and who provides their support and services.

Funded through the Scottish Government, the Mental Health Foundation, Scottish Mental Health Cooperative and Scottish Service User Research Network are hosting a series of Service User Focus Groups around the country in order to develop innovative ways of meeting the challenges of self-directed support and mental health.

The project would particularly like to hear from:

- People who use self-directed support in relation to their mental health
- People who could use self-directed support but don't at the moment
- People who use services provided by local third sector mental health providers
- People who would like to work together with service providers to develop new ways of making Self-Directed Support possible for people with mental health problems.

There are upcoming events across Scotland, including:

- Tuesday 27th November 1:30pm – 3:30pm Brunton Hall Theatre, Musselburgh. [Click to book](#)
- Wednesday 5th December 10:30pm – 3:00pm, Queens Hotel, Leonard Street, Perth. [Click to book](#).
- Monday, 3 December 2012 from 10:30 to 15:00, Rothes Hall, Rothes Square Glenrothes KY7 5NX. [Click to book](#).

Alternatively, contact Janine Bowie, Mental Health Foundation, 18 Walker Street, Edinburgh, EH3 7LP. Email [jbowie@mhf.org.uk](mailto:jbowie@mhf.org.uk). Telephone 0131 243 3800.

### **Self Directed Support events (Borders)**

The Borders Self Directed Support Consortium and the Scottish Borders Council have organised an interactive day of information sharing for support staff from Provider organisations across the Scottish Borders. The aim of the day is to enable provider support staff to have a greater understanding of the issues, principles, benefits and challenges of self-directed support. The next two dates are:

- 21st November 2012, Selkirk Rugby Club, Philiphaugh, Selkirk
- 28th November 2012, Heart of Hawick, Kirkstile, Hawick

Time: 9am – 3.30pm (Refreshments and lunch provided). These events are FREE and open to all support staff from service provider agencies across the Scottish Borders. To receive a booking form and programme please contact Diane Eaton at [diane.eaton@arcuk.org.uk](mailto:diane.eaton@arcuk.org.uk) or on 0131 454 9052. [View the event flyer here](#).

### **Sharing experience of tobacco social norms project in colleges (Dunfermline)**

Organised by NHS Fife, this event shares learning from the implementation of a tobacco social norms project in a Further Education setting. The event is on

Wednesday 12<sup>th</sup> December 2012, 10.30-1pm (lunch provided) at the Carnegie Conference & Business Centre, Halbeath Road, Dunfermline. Email [andrewscott1@nhs.net](mailto:andrewscott1@nhs.net) if you would like to attend, providing your name, address, phone number and email, stating any special or dietary requirements. Please book by 5pm on 4<sup>th</sup> December.

### **Addiction Development day (Glasgow)**

Glasgow Council on Alcohol is currently planning a city-wide development day for the BME and wider equality areas involved in health services, predominately looking at substance misuse. The purpose of the day is to look at 'good practice' across the city, barriers and how to overcome these barriers.

The event will take place on Thursday 22nd November in The Recital Room, Candleriggs at 12noon-4pm. It will include 4 speakers from local services followed by facilitated participation discussion. Lunch will be provided. If you wish to book a space please contact Jim McSorley, Team Leader Glasgow Council on Alcohol, Alcohol & Drug, Prevention & Education North West Team, 10 Kelso Place, Yoker, G14 0LL, Tel: 0141 952 1853, [www.glasgowcouncilonalcohol.org](http://www.glasgowcouncilonalcohol.org).

### **Advocacy and Self Directed Support Awareness Raising Sessions (Inverness and Falkirk)**

Stroke survivors and their families and stroke related support organisations are invited to attend one of these awareness raising sessions, which will provide an opportunity to:

- Find out more about Self Directed Support and what it might mean for you.
- Hear more about the work of the Advocacy and Self Directed Support Project – the work already underway and plans for the future.
- Discuss what information is needed to help people access and make the most of Self Directed Support.

Your experiences and suggestions are sought on how to ensure that Self Directed Support delivers its aims of giving more choice and control to people who rely on social care services. You are welcome to bring along a support person to these sessions. The events are as follows:

- 27th November, Highland Hospice, Inverness 11am – 3pm
- 5th December, Sensory Centre, Camelon, Falkirk 11am – 3pm

Reasonable travelling expenses will be paid to stroke survivors and their carers. To book a place you can phone 0131 555 7240 or email [ASDSscotland@stroke.org.uk](mailto:ASDSscotland@stroke.org.uk).

### **Have your say on your council's spending priorities (Moray)**

Places are still available at these forthcoming community workshops in which will help shape Moray Council's spending plans for the years ahead. The workshops have been designed to give the public an opportunity to discuss their views on council services with other members of the public and councillors. There will also be interactive exercises to prioritise all council services and balance the budget based on people's priorities. Eight workshops are being held at venues across Moray from mid-November to early December. All the workshops will take place from 7pm to 9pm and the dates and venues are:

- Friday, November 16 – Forres Town Hall;

- Monday, November 19 – Fishermen’s Hall, Buckie;
- Wednesday, November 21 – TA Centre, Elgin;
- Tuesday, November 27 – Longmore Hall, Keith;
- Thursday, November 29 – Lhanbryde Community Centre;
- Friday, November 30 – Bishopmill Hall, Elgin;
- Tuesday, December 4 – Fleming Hall, Aberlour;
- Thursday, December 6 – Lossiemouth Town Hall

Places can be booked by calling 01343 563996 or via the Moray Council website at [www.moray.gov.uk](http://www.moray.gov.uk)

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## Conferences and Seminars

### **Orphan Land webinar (Online!)**

Partners from Forth Valley College and Falkirk Council have agreed to do a webinar on their joint project: Outdoor Learning, Orphan Land – ‘Your Space’, engaging young learners and adults with mental health issues in outdoor learning, by transforming a piece of unused and neglected land into a usable space for the local community.

This webinar will be of interest to anyone who would like to find out more about using the outdoors as a learning approach, and the ways in which this can be achieved by partnership working. It will take place on Thursday 22 November 2012 (13:00 - 13:45). See <http://events.scotlandscolleges.ac.uk/events/show/4552> for more.

### **Engaging new audiences in Citizen Science (Battleby, Perthshire)**

This conference, on Tuesday 4 December 2012, at Battleby Conference Centre, is for anyone working in the natural environment with the public who wants to feel more comfortable, confident and enthusiastic in helping people to get involved in citizen science.

Citizen science is about observing and monitoring the natural world. The aim of this event is to help equip participants with the knowledge and understanding they need to guide others towards participating in practical citizen science activities. The event will look in particular at where to find guidance, resources and help. It will provide an opportunity to hear about and discuss planning and running citizen science activities involving volunteers, local communities, and young people.

The event will start at 10:00 (coffee and registration at 09:30) and finish at 16:00. It will be free of charge and lunch and refreshments will be provided. However places must be booked in advance. To book a place, please [download the booking form](#) and return it to [sgp@snh.gov.uk](mailto:sgp@snh.gov.uk) as soon as possible and no later than Friday 23rd November 2012.

### **Co-production & Community Capacity Building Conference (Edinburgh)**

Save the date in your diaries for the Scottish Co-production and Community Capacity Building Conference in Edinburgh on Wednesday 20th February 2013.

Hosted by the Joint Improvement Team (JIT) and the Scottish Co-production Network this event will bring together both practitioner, user and community perspectives on achieving positive outcomes for Scotland’s individuals and communities. With a focus

on prevention and change this participative and interactive event will be of interest to strategists, practitioners, policy makers, and local organisations working towards healthier, stronger communities through co-production and community capacity building.

The event is free to those working in the statutory and non-statutory sectors including, health, social work, housing, and third and independent organisations, and to user and carer representatives. A full programme and further information will be available soon at [www.coproductionscotland.org.uk](http://www.coproductionscotland.org.uk) and we'll also highlight these in Snippets.

### **Housing Benefit in Scotland (Edinburgh)**

Organised by Capita, Housing Benefit in Scotland will run on Wednesday 5th December 2012 in Edinburgh. It seeks to give clarification on the practical implications of benefit reforms and a likely timetable for implementation. Key experts will provide guidance on overcoming the challenges of under occupancy, financial and digital inclusion, and improving partnership working with the private rented sector.

For brochure and booking form [click here](#), call George Krousti on 0207 202 0532 or email [george.krousti@capita.co.uk](mailto:george.krousti@capita.co.uk). Please quote booking reference code TSGK when booking.

### **Transport with Care Seminar (Edinburgh)**

A ½ day, Transport with Care: Improving Mobility & Increasing Accessibility, will take place on 18th January 2013 in Edinburgh. One of the four key objectives arising from the Christie Commission on the Future Delivery of Public Services in Scotland is a greater integration of public services at a local level driven by better partnership, collaboration and effective local delivery. With public budgets coming under increasing scrutiny, identifying the pressure to deliver better value better quality transport is growing. The demographic changes with people living longer and the strategy of supporting the elderly to live at home will only increase the pressure on transport providers to meet increased demand.

Transport integration by multiple organisations is perceived as a very complex process, but with significant funding constraints, introduction of Personal Budgets and the general need by members of the public to access more flexible transport services, integration is key to ensuring client needs are met whilst providing long term sustainability to transport operators. This half-day seminar will showcase examples of practical delivery with policy makers, service managers, and service providers explaining how they have overcome barriers and secured practical solutions. For costs and further information and to reserve a place please log on to the seminars page at <http://www.cppseminarsscotland.co.uk/>

### **Designing gardens for people with dementia (Stirling)**

This event from Trellis is open to anyone who gardens with people with dementia or interested in garden design for those with dementia. Using presentations, group activities and signposting to useful resources, the event will help you learn what to take into consideration when designing a garden for people with dementia. The event takes place on 5 December 2012, 9.30 am - 1.00 pm, Room 3, DSDC, Iris Murdoch Building, University of Stirling, Stirling, FK9 4LA. Click for [Further Information](#) and [Booking Form](#).

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## Training

### Street Audit Training (Alloa)

Living Streets Scotland, in partnership with Paths for All, is running 4 free training courses on how to use the tried and tested method of street audits to improve local neighbourhoods. The courses are 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.

The next course is in Alloa on the 20<sup>th</sup> November with upcoming courses in Edinburgh and Inverness. For more information see their [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.

### Life Coaching @ Health All Round (Edinburgh)

Life coaching is a practice that helps people identify and achieve personal goals. Life coaches help clients set and reach goals using a variety of tools and techniques. Day and Evening Appointments Available. Appointments are held at Health All Round's offices at 24 Westfield Avenue, Edinburgh EH11 2QH. A minimum contribution of £5 is encouraged for this service. Contact Claire Downs on 0131 337 1376 or visit [www.healthallround.org.uk](http://www.healthallround.org.uk)

### Self-harm and Personality Disorder: The Truth (Edinburgh)

This course runs from 29th-30th November 12 at the South Side Centre, 86 Causewayside EH9 1PY. The training builds on HarmLESS's Managing Self-harming Behaviour workshop to help participants to gain further understanding on self-harm related issues and develop skills to support this client group effectively. It costs £90 for the two days. For more information contact Maria Naranjo, 07557056049 or [info@harmlesspsychotherapy.com](mailto:info@harmlesspsychotherapy.com). View the course flyer [here](#).

### Rights and entitlements of immigrants (Glasgow)

Positive Action in Housing have places left on the following training sessions:

- [Rights and Entitlements of EU Nationals \(incl. changes for A8 Nationals\)](#). Half day workshop, 10.00 am - 1.00 pm Wednesday 21st November 2012.

- [Train the Trainer – Workshop](#) 10.00 am - 4.00 pm Friday 23rd November 2012.
- [Rights of Refugees and Asylum Seekers](#), Half day workshop, 10.00 am - 1.00 pm Wednesday 28th November 2012.

Cost of attending (including refreshments suited to your dietary requirements - please note the VAT charge is zero)

- Non- Member organisations: £125 half day, £195 full day
- Charity/Voluntary: £105/ £175
- Members: £99/£150

To book your place, complete and email the booking form to [training@paih.org](mailto:training@paih.org).

### **Action Learning for CLD (Nairn and Edinburgh)**

As part of a planned approach to support local upskilling and Continuing Professional Development activities within Community Learning and Development, Education Scotland is offering an opportunity to train to become an action learning facilitator. If you use facilitation in your work in any way for the purpose of supporting people in their learning, or in developing their role in the community, action learning is a valuable tool to add to your portfolio. The training programme will cover:

- The principles and conventions of action learning
- Setting up new sets
- The skills of facilitation
- Enabling sets to become self-facilitating
- Alternative models of action learning

Following the 1 day course participants will be given the opportunity to take their learning into their workplace and mentoring support will be given via a follow up meeting 6-8 weeks after the CPD event. The 2 remaining dates are:

- 22nd Nov      Nairn              Newton Hotel
- 29th Nov      Edinburgh      Jurys

Please fill in this [survey monkey form](#) to book a place. For further information please contact [Mandy.toogood@educationscotland.gov.uk](mailto:Mandy.toogood@educationscotland.gov.uk)

### **Legal Highs Train the Trainers (Stirling)**

On Tues 4th December 2012 at the YT Club, 104-106 Cultenhove Road, St Ninians, Stirling, FK7 9EB, CREW, in partnership with Youth Scotland, will be delivering free training on 'legal highs' aimed at practitioners who have experience in delivering training, have an adequate knowledge of psychostimulant drugs and who are able to cascade this training on to others in their organisation/sector.

Course content will include exploration of :

- Current trends and the prevalence of novel psychoactive substances and emerging trends
- Typical effects and side effects of the key substances in use
- Treatment options, useful techniques and strategies to work with users including harm reduction
- Training techniques to apply with different training groups

[More info and how to apply.](#)

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## Vacancies

### **Support Workers (Aberdeen and Angus)**

SAMH (the Scottish Association for Mental Health) seeks to recruit Support Workers Level 2 (20 hours per week, £16,047-£18,321 pro-rata) As a keyworker you will be expected to establish positive relationships and offer practical and emotional support to people who use SAMH services and have homelessness and substance misuse problems. Visit <http://www.goodmoves.org.uk/jobs/12027?page=7&role=8> for more. Closing date: 31 December 2012

There is also a vacancy for a support worker in Angus (£12,654 - £15,033 pro rata) although the closing date is quite soon: 23 November 2012. See <http://www.samh.org.uk/work-with-us/current-vacancies.aspx>

### **Community Development Worker (Angus)**

In addition to the above posts, SAMH (the Scottish Association for Mental Health) is advertising for Community Development Worker (£19,338 - £21,678 pro rata, 25 hrs). The post-holder will be responsible for engaging with the local communities to promote the AMHA resource centre, increase public understanding of mental health and wellbeing and for supporting SAMH's ambitious agenda for action in Angus. See <http://www.samh.org.uk/work-with-us/current-vacancies.aspx> for more details. Closing date for all applications is 12 noon, Friday 23rd November 2012.

### **Assistant Support Worker (Edinburgh)**

Capability Scotland is looking for an Assistant Support Worker (£13,866 - £15,771 pro-rata at 30 hours per week. The postholder will work as part of a team providing a safe, caring environment for service users with disabilities. You will assist Support Workers working with service users to realise and develop goals identified in their care plan. You will also be expected to provide personal care and support service users with aspects of their general welfare, and be able and willing to work flexible shifts. Read more at <http://www.goodmoves.org.uk/jobs/12023?role=2>. Closing date: 19 November 2012

### **Deputy Director - Community Development (Edinburgh)**

The LGBT Health is a dynamic community development organisation which works to promote the health, wellbeing and equality of lesbian, gay, bisexual and transgender (LGBT) people. It is seeking to recruit an effective and motivated Deputy Director (Community Development) (Salary £29,448), eager to rise to the challenge of playing a key role in further strengthening and developing the organisation. This senior management post represents a unique opportunity to play a key role in helping deliver LGBT Health's ambitious vision for LGBT health, wellbeing and equality in Scotland.

For more information about the organisation and an application pack visit <http://www.lgbthealth.org.uk> call 0131 523 1100 or email [louisef@lgbthealth.org.uk](mailto:louisef@lgbthealth.org.uk) Closing date: 12noon, Monday 26 November. Interviews: Friday 7 December. See the news item about LGBT Health's AGM [above](#).

### **Outdoor Development Worker (Glasgow)**

Venture Scotland's aim is to empower disadvantaged young people to achieve their potential. Its programme incorporates a year long journey of adventure and conservation activities in both urban and wilderness settings. The organisation is now looking for an Outdoor Development Worker (£20,520 - £22,515 plus pension). For application pack phone 0131 475 2395, email [recruitment@venturescotland.org.uk](mailto:recruitment@venturescotland.org.uk) or visit [www.venturescotland.org.uk/staff](http://www.venturescotland.org.uk/staff)  
Closing date: 26th November 2012, 12pm.

### **Citizen Advocacy Development Worker (Glasgow)**

This post (Salary: £23,082), at Partners In Advocacy, involves developing a citizen advocacy pilot project, to ensure that the views and opinions of older people (55+) are heard and respected, that they are empowered and have influence over decisions which affect their lives so that their needs are met, their rights and interests are protected and they are supported to take their place/be involved in the community.

For an Application Pack please email [Edinburgh@partnersinadvocacy.org.uk](mailto:Edinburgh@partnersinadvocacy.org.uk). Please send your completed form to [edinburgh@partnersinadvocacy.org.uk](mailto:edinburgh@partnersinadvocacy.org.uk) marked Confidential and Citizen Advocacy Development Worker (Older People, Glasgow) Vacancy or in hard copy marked "Private & Confidential" for the attention of Julie Hogg, CEO, to the Edinburgh office. Closing Date: 26th November, 2012.

### **Chief Executive (Glasgow)**

The Youth Community Support Agency is looking to recruit a new Chief Executive (Salary up to £35,000) to: provide strategic advice to Board of Directors on functioning and development of YCSA; provide leadership, direction, supervision and guidance to staff; manage YCSA systems and ensure compliance with relevant legislation; manage budgets and comply with financial procedures; ensure implementation and development of fundraising strategy; represent and network at a high level to ensure young people's voices are heard work. The successful applicant will have significant managerial experience, excellent organisational & communication skills, understanding of issues of significance to young people & knowledge of governmental systems in Scotland.

For further information and application pack email: [careers@ydsa.or.uk](mailto:careers@ydsa.or.uk) or visit our website [www.ydsa.org.uk](http://www.ydsa.org.uk). Closing date Friday 30th November 2012. Interviews will be held on Monday 10th December.

### **Building Community Capacity Co-ordinator (Newtown St Boswells)**

An opportunity has arisen to lead a small and skilled team to work with older people, local communities and other agencies in developing new innovative approaches to service provision and related activities. A recognised qualification in Social Work, Community Development, Health or related discipline is essential. Salary: £25594.84 - £29253.04. Closing Date: **19 November 2012**

Informal enquiries may be made to Bob Howarth, Programme & Planning Manager. Tel: 01835 825080. See [myjobscotland](http://myjobscotland) for more details.

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## **Websites**

**Volunteer for Glasgow 2014!**

The Glasgow 2014 organisers have developed a website providing information on how to volunteer, what is involved and what will be happening when. At the moment, the website appears to allow prospective volunteers to register their interest, and you can also download a volunteer toolkit which enables you to help spread the word about volunteering for the Games. View the website at <http://volunteer.glasgow2014.com/>.

CHEX's parent organisation, SCDC, has been involved in developing a legacy for communities for the Commonwealth Games, which you can find out more about [here](#).

### **New VHS website**

Voluntary Health Scotland have a new website at <http://www.vhscotland.org.uk/>, containing updates, policy and practice news, resources and other information relating to its objective of "maximising the impact of the voluntary sector on health in Scotland". The '[current work](#)' section contains information on the 2012 Learning Exchanges Programme, a joint initiative between Voluntary Health Scotland, Community Health Exchange Scotland (CHEX), Community Food and Health (Scotland) and the Scottish Government which aimed to build engagement and understanding between community & voluntary health organisations & Scottish Government officials.

### **NHS Health Scotland websites for mental health and stress**

The Mental Health Improvement team at NHS Health Scotland have highlighted two websites to us which you may find useful:

- [Well Scotland website](#) - the national mental health improvement website. This resource is intended for a professional audience and provides information on national developments in the mental health improvement field.
- [Steps for Stress website](#) - this website covers practical ways for you to start dealing with stress, where you can also order the Steps for Stress materials.

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## **Campaigns**

### **Still Waiting**

As part of its community transport campaign, Age Scotland is seeking people over 50 who are having difficulty getting to places because of limited or non-existent public transport. If you, or someone you work with, are interested in sharing your stories for the campaign and would like to know more, please e-mail

[Callum.Chomczuk@agescotland.org.uk](mailto:Callum.Chomczuk@agescotland.org.uk) or phone Callum on 0845 833 0200.

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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

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