



Issue No 222, 29th 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/

The next issue of Snippets will be **Thursday 13th December** so please send anything you would like to be included before Tuesday 11th. You can send information/material for inclusion in CHEX-Point Snippets by sending an email to andrew@scdc.org.uk or phoning 0141 222 4837. CHEX-Point Snippets is provided by CHEX – Community Health Exchange and compiled by Andrew Paterson. Thanks to all contributors to this edition.

Regards
Andrew Paterson
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CHEX News

Good Places, Better Health – Evidence into Policy

CHEX attended the above conference (27th & 28th Nov.) to share the findings gathered from the Scottish Government initiative, known as Good Places, Better Health, which focuses on the environment and health of children aged 0-9 in Scotland. Researchers, policy makers and practitioners worked together on new ways of delivering a vision and knowledge about the characteristics that make healthy places for Scotland's children. The conference heard about the methods and resulting evidence and then moved on to the challenges to integrate the evidence into relevant national and local policies. Community engagement was viewed as one of the key approaches in the implementation plans. Visit the [Scottish Government website](#) for more information.

Update from the Network - Broomhouse Health Strategy Group becomes an SCIO

A team member at CHEX read in Broomhouse Health Strategy Group's Autumn newsletter that the group was changing its legal structure from an unincorporated association to a Scottish Charitable Incorporated Organisation (SCIO). We thought we'd ask Broomhouse a little about the reasons for this change in case it was of interest to our wider network. They kindly pointed us in the direction of the [OSCR site](#) which provides information on SCIO status, including the following:

"The Scottish Charitable Incorporated Organisation (SCIO) is a new legal form for charities registered in Scotland. The SCIO is a corporate body able to enter into contracts, employ staff, incur debts, own property, to sue and to be sued. As such, it provides a high degree of protection against personal liability for its charity trustees. It also provides some reassurance for those entering into contracts with it, and for creditors. Unlike charities that are companies limited by guarantee, SCIOs have OSCR as a single regulator."

Frances Birch at Broomhouse added that the organisation felt that the opportunities that the SCIO provided were worth exploring back in May 2012 and after looking into them further felt that it was a useful legal system for the organisation. Read more about Broomhouse Health Strategy Group at <http://healthstrategygroup.org.uk/>

News from South East Central Scotland HIIC Tutor network

The organisers of the South East Central Scotland HIIC Tutor network have told us they would like to say thanks to all HIIC tutors who came along to the meeting on Friday 2nd November. The meeting consisted of lots of very interesting and informative discussions around recruitment and delivery of HIIC courses. It was a great opportunity to share experience with other tutors and gain knowledge and understanding of HIIC and organising HIIC courses.

The next meeting on Friday 25th January 2013 from 9.45am - 11.45am will be in room 1 in Strathbrock Partnership Centre, 189a West Main Street, Broxburn EH52 5LH. All HIIC tutors in the local area are invited to attend. For more information or to book a place contact Health Improvement Team on 01506 775626 or hit@westlothian.gov.uk.

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General Information

Healthyliving award gives a boost to Craigend Resource Centre

Congratulations to Craigend Resource Centre in Greenock who have gained the healthyliving award, which rewards caterers in Scotland for dishing up healthier food and helping their customers make better food choices. Craigend has informed us that it is now going all out to expand the range of healthy food on offer in its café, having secured funding from Inverclyde Council's Community Facilities Fund to fit out a new salad bar area within the centre. Further funding came from the centre's voluntary management board, and the salad bar has made it easier for local people to eat more healthily at a low cost.

[Craigend Resource Centre](#) is open to all in the local community, and aims to provide a wide range of resources, information, training and learning opportunities. Project Manager Brian Power said: "We cater for up to 600 people a week through the community café and salad bar, and the healthyliving award gives us recognition for what we are doing here. By providing and supporting healthy eating we can reinforce the learning provided by the Centre, and we hope to carry on growing."

The [healthyliving award](#) aims to make it easier for customers to know where to go for healthier food when eating away from home. To gain the award caterers need to prepare and serve food according to a set of key criteria, ensuring customers can eat healthily every time they visit.

Carers Rights Day

Carers Rights Day takes place on Friday the 30th November, and is mainly about raising awareness of rights, benefits and available support, as well as how to make use of these. In 2012 Carers Rights Day is taking place on Friday 30th November and the theme is 'Getting help in tough times', focussing on helping carers:

- Find financial help.
- Get a helping hand.
- Make the most of technology.

Visit [Carers UK's website](#) for more information, and follow details of events on [twitter](#) using the hashtag #CarersRightsDay.

New contraception & sexual health clinic for young people in Tayside

Delivered by The Corner, 'Linc' is a contraception & sexual health clinic in Ninewells Hospital, Dundee, for young people aged 18 and younger. It is open between 4pm and 5.30pm on Mondays and Thursdays. Click [here](#) for a map. It offers young people a full range of contraception and sexual health services; contraceptive pill, injection, patch, implant, emergency contraception pregnancy testing, STI screening and treatment.

Linc takes into account the vulnerability and age of the client group, with youth

workers on hand to offer assistance to young people and help them feel more comfortable in the clinic. Through discussion, there may be issues which need further support and the youth worker is there to help with these. This may be via a direct one to one, or arranging another agency's involvement. Read more at http://www.thecorner.co.uk/117_LINC.html. You can also Call The Corner, Health, Information and Peer led Services on 01382 206060 and ask for either Fiona McGrath or Graeme Cockburn.

McDonald's and North Lanarkshire work in partnership with award winning results

Congratulations to 'see me' pledge partners North Lanarkshire Council who won the [Guardian UK Public Services Award](#) in the Partnership Working Category. The award highlighted the work that began when three organisations (North Lanarkshire Council, NHS Lanarkshire, and McDonalds Bellshill and East Kilbride) signed the ['see me' Pledge](#) and, as part of their action plans, developed successful training for McDonald's staff aimed at reducing suicide. The local partners also included Asda, G4S and Motherwell Football Club.

The award recognised the commitment to tackling stigma and staff awareness training programme of mental health problems and suicide prevention, and the benefits of strong partnership work within North Lanarkshire. For further information on the 'see me' Pledge watch this [short film](#).

New right to settled accommodation for more homeless people

People facing homelessness through "no fault of their own" will have a right to settled accommodation from the end of this year, following [Parliamentary approval for changes in the law in Scotland](#). This means that all councils across Scotland will have to provide settled accommodation to anyone who is unintentionally homeless. Currently that right only applies to certain groups identified as being in priority need, such as families with dependent children. The removal of the priority need test (i.e. meeting the 2012 commitment) is estimated to give around 3,000 more people a year the right to settled accommodation.

The new intentionality criteria allows local authorities to distinguish between the case of a person who has become homeless through no fault of their own, and the case of a person, who through deliberate action or inaction, has contributed to their homelessness. Whether or not someone is found to be intentionally homeless, the Scottish Government states that local authorities should seek to find solutions to the person's homelessness and offer support to address any difficulties that they face.

Social Fund Successor Arrangements

CHEX has featured news on this before but is happy to pass on information from the Scottish Government on what will follow on from some soon to be abolished funds.

From April next year two discretionary elements of the Social Fund, Community Care Grants, and Crisis Loans for living expenses, will be abolished. Funding to deliver a new scheme will be transferred to the Scottish Government from DWP. Local Authorities will be providing the new service from April 2013, on an interim basis, for around 2 years. The new Scottish Welfare Fund will be a national scheme, using national guidance and a national application form but delivered locally by Local Authorities. The aim is to get the benefits both of:

- consistency across the country provided by a national service and
- embedding provision with other local services, giving better support for applicants.

The Deputy First Minister recently announced an £9.2 million increase in the funding for the scheme's first year. This extra funding will mean the Scottish Welfare Fund will have the capacity to award an additional 5,600 Community Care Grants, and over 100,000 Crisis Grants.

Further information on the Scottish Welfare Fund, including an outline of the scheme, its development and the involvement of stakeholders, can be found on the [Welfare Reform](#) pages of the Scottish Government's website.

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 [Scottish Community Alliance newsletter for November](#) has news mixed with opinions, including, land management disputes in Bute and Applecross.
- [Community Food and Health Scotland's latest e-bulletin](#) has news on their new support package designed to help community organisations collect evidence of the impact of their work around food, mental health and wellbeing.
- [The latest e-bulletin from the Carnegie UK Trust](#) has information on a wide variety of its work, from public perceptions of press regulation to the launch of Shifting the Dial, a collection of case studies on measuring wellbeing.

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Consultations and Surveys

Regular updates from the Cabinet Secretary

The Health and Sport Committee of the Scottish Parliament has agreed with the Cabinet Secretary for Health and Well-being to hold a twice-yearly session to answer general questions from members on progress on the Government's health and well-being priorities. Stakeholder organisations and the wider public are invited to suggest possible questions by emailing healthandsport@scottish.parliament.uk

Draft Tobacco Strategy - Extension to consultation deadline

The consultation and feedback deadline for the above consultation has been extended to the end of December. Please send all individual responses directly to Lee-Anne Raeburn at the Scottish Government, Lee-Anne.Raeburn@scotland.gsi.gov.uk. ASH Scotland ask that you copy Marion McGovern: marion.mcgovern@ashscotland.org.uk into your responses for information.

Calling all stroke survivors and carers!

The Stroke Association is calling on stroke survivors and carers to complete a survey to identify the emotional impact a stroke is having on stroke survivors and/or carers in Scotland.

The results will be used to raise awareness of the emotional impact of stroke during Action on Stroke Month in May 2013. To complete the survey on-line, please go to: <http://www.surveymonkey.com/s/N7V7DQT>. The deadline for responses is 10 December 2012. The Stroke Association asks that you please respond as soon as you can.

Ellon Area Health and Wellbeing Group

A recently formed health improvement group for the Ellon area is currently conducting an audit across the Ellon community on health and wellbeing activities and any barriers that are in place to prevent people from attending such activities. The group wish to determine what provision is currently out there and to look at any improvements or additional activities that could be implemented.

If you live or work locally and have views on local health and wellbeing provision then fill in [this short questionnaire](#) to help shape future provision. The link will remain live from 19th November 2012 until 17th January 2013.

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Publications

Poverty and community development

[Practice Insights Issue 1: Poverty and Community Development](#) is the first in the International Association of Community Development's (IACD) series of 'Practice Insights' publications, each focusing on an issue of particular importance in community development, as identified by IACD members. This collection of articles offers a range of experiences, based on varying perspectives and approaches from around the world, exploring community development strategies to tackling poverty and inequality.

New IRISS Insight on Self-directed support

IRISS (Institute for Research and Innovation in Social Services) have produced a new briefing as part of its 'Insight' series. Insight 18 - [Self-directed support \(SDS\): Preparing for delivery](#) - considers what can be learnt from existing research, related initiatives and experience elsewhere and comes just as the Scottish Parliament is considering the Social Care (Self-directed Support) (Scotland) Bill, currently at [stage three](#). The IRISS paper examines what SDS is; the background; delivering SDS and workforce implications; support brokerage and advocacy; and looking to the future.

This Insight has been written by Susan Hunter (University of Edinburgh), Charlotte Pearson (University of Glasgow) and Sally Witcher (IRISS SDS Associate), in collaboration with a wide range of experts, including members of the SDS Evidence Explorers project group. [Read the Insight](#).

Fuel Poverty And Health

Published by the national fuel poverty charity Energy Action Scotland, 'The Relationship Between Fuel Poverty and Health: A Discussion Paper' examines some of the research and literature published to date reviewing fuel poverty, housing and health and the potential connections between cold and damp housing and the health and well-being of the occupants.

In particular, it looks at excess winter deaths; cardiovascular and cerebrovascular disease; respiratory disease and mental health and well-being – health issues that are interconnected, as well as standing alone; in particular excess winter deaths can occur as a result of respiratory, cardiovascular and cerebrovascular diseases.

This paper also attempts to analyse the robustness of the research and literature and stimulate further discussion, in particular around potential future research. It is

available in EAS Library/Publications at www.eas.org.uk

SCVO's State of the Sector Survey 2012

SCVO has published findings from its annual State of the Sector Survey, asking its members and wider stakeholders from the third sector (403 respondents this year) what they think the next year holds for their organisation and the sector as a whole. Respondents this year still cite funding as their main concern but instead of last year's focus on cuts, the recession and staff redundancies, respondents' main concerns this year were around coping with increased demand for services, competition for limited resources and the need to invest in new services. Among people working specifically on welfare reform, the impact reforms are having on the people using their services is a prime concern. [Download the report as a pdf.](#)

The Scotland and European Health for All (HfA) Database 2012

This comprises Scottish data added to the WHO's European HfA Database, allowing time trend and international comparisons for:

- 600 health and health-related indicators, with Scottish data available for 501
- 1970 to 2010 where available
- Scotland and the 53 Member States of the WHO European Region, including the UK.

For the publication summary, visit <http://www.isdscotland.org/Health-Topics/Public-Health/Publications/>. To view the database and briefing notes with key findings for Scotland, visit <http://www.scotpho.org.uk/scotlandhfabd>.

Inequality runs deep

A Glasgow Centre for Population Health report uses survey evidence to show that people from deprived parts of Glasgow are significantly less likely than those in more affluent areas to take part in running events. The three events covered by the research are the Great Scottish Run; the Junior Great Scottish Run; and the Women's 10K. The findings show good participation from across Scotland, and high levels of participation from Glaswegians, but wide socioeconomic and neighbourhood disparities within this. [Read more here](#)

Dying happy?

We couldn't help notice the juxtaposition of two seemingly contradictory research findings in the [latest ScotPHO e-bulletin](#). At the same time as a Glasgow Centre for Population Health report ([Still "the sick man of Europe"?](#)) finds Scotland's death-rate to be among the highest in Western Europe, [research from the New Economics Foundation](#) has found Scots to be among Britain's happiest people.

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Funding

Community Spaces

The Big Lottery Fund is reminding people intending to apply to Community Spaces that the closing date for Round Two Stage One applications is 7th December. Through the programme, grants of between £10,000 and £250,000 are available to communities in Scotland to improve the appearance, functionality, accessibility, effectiveness and sustainability of local spaces and places this can include:

- Developing and improving local parks; community paths and gardens
- Play parks
- Allotments
- Community centres, and village halls, etc.

Through this programme BIG can also provide development funding to provide any relevant technical advice applicants may need to develop their full application. Find out how to apply [here](#).

Aid for the Aged in Distress

[AFTAID](#) provides fast grant aid to older people who are financially stretched beyond their means to the point of genuine distress. It accepts applications from individuals, or their family and neighbours and is most often contacted by members of the caring professions and voluntary. To be able to make any grant AFTAID needs to have as much information as possible and you will need written support from your Social Worker, Doctor or similar professional of the official care services.

Heritage Lottery Fund Skills for the Future Programme

The Heritage Lottery Fund (HLF) has announced that its £15 million "[Skills for the Future](#)" programme has re-opened for applications. Skills for the Future funds work-based training in a wide range of skills that are needed to look after buildings, landscapes, habitats, species, and museum and archive collections, as well as equipping people to lead education and outreach programmes, manage volunteers and use new technology. The HLF gives grants to not for profit organisations that can demonstrate a skills shortage and are able to plan and develop a new training programme and to recruit, train and pay trainees new to the sector. You can apply for a grant from £100,000 to £1million. Skills for the Future applications go through a two-round process. Applicants must submit their first-round application by 12 noon, 31 January 2013. Applicants successful at this stage will then need to submit a detailed training plan. HLF must receive this by 31 December 2013

Legacy 2014 Active Places Fund – Sport Scotland

No harm in mentioning this one again - the Scottish Government's 'Legacy 2014 Active Place Fund' has been established to provide funding to 'capital projects which create or improve places in local communities where people can go to get active'. Community-led projects which demonstrate positive outcomes 'in terms of impact on physical activity or sports participation' are highlighted. Grants between £10,000 and £100,000 are available and the deadline for the first round of awards is 1st February 2013. Please follow this [link](#) for more information and application form.

The Equitable Charitable Trust

The Equitable Charitable Trust makes grants totalling up to £1 million each year towards projects for children and young people under the age of 25 who are from disadvantaged backgrounds or disabled. It's priorities are:

- Education projects or services that support the learning and development of disabled children and young people in the UK;
- Formal education projects for disadvantaged children and young people in the UK that support delivery of the National Curriculum (i.e. curriculum enrichment projects) or that deliver accredited vocational learning that will increase employability;
- Education projects that will help increase participation in, or improve the quality of, education for disadvantaged or disabled children and young people in developing countries.

See www.equitablecharitabletrust.org.uk for more.

The Salters Charitable Foundation

This foundation distributes grants to small charities undertaking charitable activities in the UK under the themes of: the environment; citizenship and community development; and health. Grants of up to £20,000 are available, although the average value is expected to be between £10,000 and £15,000 per annum (for up to three years). The deadline for Project Grants Stage 1 is 31 January 2013 (5pm). [Click here](#) for more information.

Scotmid Grants

[Scotmid](#) provides support to community projects, whether small local organisations such as parent and toddler groups or national campaigns. It seems very relevant to community-led health organisation as its focus is on the following:

- Children/education
- Community Groups
- Active Lifestyles
- Environment
- Health Promotion
- Elderly
- Homelessness
- Fairtrade
- Arts & Culture
- Charity

Strengthening Disabled People's User-Led Organisations Programme

[Strengthening Disabled People's User-Led Organisations Programme](#) is a £3 million fund to help strengthen and make grassroots organisations for disabled people more sustainable, the fund has been extended to Scotland and Wales. Disabled Peoples User Led Organisations (DPULO's) are run by and for disabled people. DPULO's provide support and services alongside those provided by the public sector. This is a fund designed for DPULO's to bid for modest amounts of money to fund specific projects. The aim of this fund is to improve sustainability and DPULO's are welcome to use it creatively. The Facilitation Fund is now open as a rolling process.

Comic Relief Local Communities Fund

The Scottish Community Foundation is delivering the above programme for two years and during this time, grants of between £1,000 and £10,000 will be available. The programme aims to empower local people, enabling them to create lasting change in their communities. Projects should be run by people directly affected by the issues they are dealing with and priority will be given to small, locally based groups or organisations in areas of disadvantage that have a clear understanding of the needs of their community.

Under the programme, organisations can apply for funding to:

- increase local services,
- build skills of local people,
- increase community cohesion
- respond to local economic needs

SCF will be receiving applications up until 11th January 2013. To find out more about this fund and how to apply visit [the SCF website](#).

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Events

Reshaping care for Older People Stakeholder Event (Borders)

All interested parties in the Scottish Borders are invited to a Change Fund workshop on Monday, 10 December, 2012 - 09:00 - 12:00 at Eildon Mill Tweedbank. The Change Fund enables health and social care partners to implement local plans for making better use of their combined resources for older people's services, also to facilitate shifts in the balance of care from institutional to primary and community settings. Please contact reshapingcare@scotborders.gov.uk to book your place or call 01896 828276. Refreshments will be provided.

Community Gardening Regional Networking Event (Edinburgh)

Emma Burnett (Federation for City Farms and Community Gardens & Trellis) and Mark Vrionides (Edinburgh & Lothians Greenspace Trust) will be holding this Gardening Networking Event on Wednesday 19 December 2012, 10am - 3pm (lunch provided) at Edinburgh College, Milton Road Campus, 24 Milton Road East, EH15 2PP. The focus of the event will be community gardening and it is open to any volunteers, coordinators or other staff of community or therapeutic gardening projects in Edinburgh and the Lothians. The event will include a themed training, such as winter gardening in the city. To input into the content of the day, please get in touch with Emma emz1b@hotmail.com or mark@elgt.org.uk Although the event is free, please book via the Federation of City Farms and Community Gardens website so that the organisers know how many people to expect. You can find the event details and booking link [here](#) For further information please contact either Mark or Emma directly or contact Andrew Tweedy at the Federation of City Farms and Community Gardens on 0131 623 7058 or via andrew@farmgarden.org.uk

Scottish Women's Aid Open Day (Edinburgh)

SWA's first Open Day offers information, chat and cake. It will take place on Saturday 1 December—11am—1pm on the 2nd Floor, 132 Rose Street, Edinburgh, EH2 3JD. Everyone is invited, and the event should be of interest to:

- Professionals with an interest in domestic abuse
- Students who want to find out more about us or becoming an SWA champion
- Members of the public who want to know more about domestic abuse and finding sources of support for women, children and young people

Contact info@scottishwomensaid.org.uk or [view the event flyer](#).

The GalGael Christmas Fayre (Glasgow)

The very first GalGael Christmas Fayre will take place on 15th December 2012, 10am - 4pm, at GalGael, 15 Fairley Street, Glasgow, G51 2SN. There will be plenty of stalls with handmade and local craft for all of your last minute Christmas shopping needs. If you want to check out some of the products that will be on sale have a look at [Galgael's online shop](#). Coming to the fair will of course save you the postage plus you'll get the full atmosphere of the chestnuts, open fires, carols and hot food. More at <http://www.galgael.org>.

Supporting the Third Sector in Oban, Lorn & the Isles (Oban)

From November, anyone working in or with the third sector, including volunteers, will be able to 'drop-in' to the Voluntary Sector Surgery at Argyll Voluntary Action offices, 21 High Street, Oban, PA 34 4BG. The surgery will be an open door from 10am – 12.30pm on each date, held monthly. The next and last date for 2012 20th December. From 2013 dates will ordinarily be the last Friday of every month. (25th January, 22nd February, etc). A full list of dates for 2013 will be available on [Argyll & Bute Communities website](#) soon. For more details phone 01631-564839 or email glenn@argyllvoluntaryaction.org.uk.

LGBT Youth Scotland National Learning Network Event (St Andrews)

Organised by LGBT Youth Scotland in partnership with Youth Scotland, this event consists of training, best practice sharing, and advice and support around working with lesbian, gay, bisexual and transgender young people. The network is aimed at Youth and Community Workers, Youth Work Volunteers and other professionals working with young people, but all are welcome.

This event, the second of a series of events running every 3 months, takes place in St Andrews on Wed 6th February 2013, 10.30 - 16.00, The Gateway Building, University of St Andrews, North Haugh, St Andrews, KY16 9SS. It will include a taster training session on increasing knowledge and understanding of transgender identities and issues, focusing on definitions, legislation and including trans people in your service. Youth Scotland will also deliver an introduction to their Bored Meetings training- an engaging course to provide young people with a range of committee skills. [Register here](#) or email euan.platt@lgbtyouth.org.uk

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Conferences and Seminars

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

e-Participation and the NHS (Edinburgh)

The Scottish Health Council is giving advance notice of this event, which will be held in the Grand Central Hotel in Glasgow on Wednesday 13th February 2013. This FREE day-long conference is an opportunity for staff in the NHS and other sectors to share their experiences and learn about using social media to:

- gather service user feedback to improve services and care
- develop a dialogue with service users and communities

More information will be added in Snippets when it becomes available. If you would be willing to share your experience of using social media, on either of the themes above, in either a workshop or plenary session the Scottish Health Council would be delighted to hear from you. Email linda.young@scottishhealthcouncil.org

Community Broadband - a solution for south Scotland? (Moffat)

Taking place on Friday, 14 December, 2012 - 10:00 - 15:30 at Moffat House Hotel, Moffat, this Awards for All supported event is the first of a series of three looking at the development of community based 'business' approaches to accessing faster internet services, and some of the technologies available to those considered 'hard to reach' by commercial, 'down the wire' broadband providers. It is aimed at community practitioners, rural businesses and their support agents, and will equip them with information and contacts invaluable in developing collaborative approaches to better broadband provision. Contact John Sellers, johnsellers@sup.org.uk, to book a place. Visit the onlineborders website to view the programme for the day and read more information about this and future events.

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Training

Recovery and Asset Based Community Development (Dundee)

Focusing on the importance of the community in the recovery process, these free events 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. Each event will also present the results of a recent large-scale scoping exercise undertaken across Tayside into recovery and local perceptions. Events are being held in the Cairn Centre, Dundee on:

- 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 or call 01382 224 846 and ask for Donna or Raegan. Alternatively, visit the Figure8 website and fill in a contact form at www.f8c.co.uk/Enquiries

Cultural Awareness Training (Glasgow)

This half-day workshop takes place from 10.00am - 1.00pm on Wednesday 5th December 2012 at 98 West George Street Glasgow G2 1PJ, and aims to encourage participants to explore assumptions about other cultures and their own, and recognize ways of interacting more effectively with people from other cultures. The course will also explore aspects of cultural difference which may affect our interactions and the services we deliver to a multi-cultural community. This course is highly participative, involving case studies, group exercises and open discussion. Course packs are comprehensive. [Read more on the PAIH website.](#)

Positive and Healthy Relationships (Perth)

This one-day workshop from Narrative in Action uses specific narrative techniques from fiction and real life that will help you to:

- Manage conflict and differences without challenging behaviour or distress
- Take ownership and responsibility
- Protect and nourish good teamwork
- Communicate and understand needs and expectations
- Identify and implement boundaries
- Share stories: from fiction to real life
- Make room for growth

You will work in groups and pairs and also individually to get the maximum benefit and reach intended outcomes. A range of narrative techniques will be made available

to you and you will come away with new tools at your disposal, fresh insight and energy, new perspectives and the potential for building positive and healthy relationships. The training will take place on 21 January 2013 from 10:00 to 17:00 in Perth. Find out more here <http://narrativeinaction.eventbrite.co.uk/>

ASIST Training (Stirling)

ASIST Training is taking place at Stirling Community Hospital on Tuesday, 4 December, 9am-5pm. ASIST stands for Applied Suicide Intervention Skills Training is a two-day practical workshop developing skills through observation and supervised simulation in large and small groups. Applied Suicide Intervention Skills Training (ASIST) is intended as 'suicide first-aid' training. ASIST aims to enable helpers (anyone in a position of trust) to become more willing, ready and able to recognise and intervene effectively to help persons at risk of suicide.

Should you be interested in attending this event either contact Rhona Mackie on rhona.mackie@nhs.net or email fv-uhb.asist@nhs.net. For ASIST training in other parts of Scotland visit [the training calendar](#) provided by NHS Health Scotland.

Life Coaching (Wishaw)

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

Tobacco Development and Support Worker (Aberdeen)

A full-time vacancy has arisen within the Health Team at Aberdeen Foyer for a Tobacco Development and Support Worker (£17,393.04 - £23,915.43). The main aims of this post are to:

- Support voluntary and partner organisations working with hard to reach children and young people to develop capacity and improve organisational smoking culture and attitudes.
- Develop and implement a city wide smoking cessation service targeting hard to reach young people age 16- 25 years old

The successful post-holder will have a broad understanding of tobacco and the related issues, behaviour change and young people, specifically hard to reach client

groups along with experience of working within partnerships and community settings. A relevant professional qualification and/or background in smoking cessation, youth work, community development, health or a related field is required. [Click to read the job description](#) and visit <http://www.aberdeenfoyer.com/recruitment.html> to apply. The closing date for completed applications is Thursday 3rd January 2013.

Young Person's Counsellor (Aberdeen)

Also within the Health Team at Aberdeen Foyer, a vacancy has arisen for a Young Person's Counsellor (£20,400 - £28,050, 12 month fixed term contract). The main aim of this post is to provide therapeutic counselling support to young people within Aberdeen City as part of a joint initiative with Aberdeen City Council's Family and Community Support Services and Aberdeen Foyer. This will include young people affected by their own or others substance misuse problems, age 12 plus. The post-holder will have a broad understanding of the mental health needs of young people and hard to reach client groups along with experience of working within a multi-disciplinary team. Please click here for the [Job Description](#) in Word format and visit <http://www.aberdeenfoyer.com/recruitment.html> to apply.

Housing Debt/Money Adviser (Argyle and Bute)

Argyll and Bute CAB seek to fill the above post (£23,232 - £25,716) to work in partnership with members of Argyll & Bute Advice Network to improve access to advice on all matters relating to mortgage repossession, tenancy repossession and debt related issues; and provide specialist money advice to clients at risk of losing their homes through eviction or repossession. Located in Helensburgh & Lochgilphead, this position is part of a new Housing Debt/Money Advice project funded by the Scottish Legal Aid Board to March 2015. A current driving licence essential. See more at <http://www.goodmoves.org.uk/jobs/11731?sector=8>. Closing date: 10 December 2012.

Senior Communications Development Worker (Edinburgh)

Youth Scotland, the network of youth clubs and groups in Scotland, is seeking applications for the post of Senior Communications Development Worker (Ref: SCDW/12, Full-time for 2 years, Salary £26,502 to £29,448) to take a lead role in developing Youth Scotland's communications – with young people, youth workers and a range of external organisations. The successful candidate will be experienced in writing and producing publications, skilled in using a range of digital media and confident in managing marketing and media campaigns. They will also be responsible for managing freelance staff and interns.

The closing date for applications is Wednesday 12th December at 12.00 noon. Interviews will be held in Edinburgh on Thursday 20th December.

For an information pack, please visit www.youthscotland.org.uk/vacancies/vacancies.htm or contact: Youth Scotland, Balfour House, 19 Bonnington Grove, Edinburgh EH6 4BL, tel: 0131 554 2561, email: office@youthscotland.org.uk to discuss any aspect of the post.

Research and Policy Officer (Glasgow)

Oxfam Scotland is advertising for the post of Research and Policy Officer as part of its UK Poverty Programme. The post is for 6 months with a salary of £28,960 - £36,090 p/a. All the details are on [Goodmoves](#), and the closing date is 12th December with interviews on the 17th December.

Support/Admin Position (Glasgow)

The Mount Befriending Service in Mount Florida, Glasgow, is seeking to employ a

temporary admin/support worker (10 hours per week, £8/hr) to work with the Coordinator. This is small well established project which has been operating for over 10yrs offering a volunteer befriending service to elderly, socially isolated people in this community. You will be required to work 10 - 12 am Monday to Friday supporting the Co-ordinator in the day to day activities of the office. You will be part of a small team but at times will be required to work independently.

For more information please and/or to request an application form tel: 0141 649 8800 and ask to speak to Mhairi Dyer, or leave your name and contact details on the answering machine. An application can be downloaded from <http://themountbefriending.org.uk> and emailed to themountbefriendingservice@btconnect.com. The closing date for completed applications is: Monday 10th December 2012.

Policy Officer (Glasgow)

[CRER](http://www.crer.org.uk) (the Coalition for Racial Equality and Rights) seeks a Policy Officer (£21,678 - £23,082) to assist with its programme of policy and information work, especially in relation to effective implementation of the public sector equality duties. Key tasks will include assisting with data capture and analysis, event management and information dissemination. The successful candidate will have, amongst other qualities, knowledge of equality issues and legislation, political awareness and experience of previous involvement in a policy or developmental role.

For more information and to request an application pack, please contact Nadia Rafiq on 0141 418 6530 or email nadia@crer.org.uk. Closing date for applications: 12.00 noon on Friday 7th December 2012.

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Websites

Developing Markets for Third Sector Providers

<http://readyforbusiness.org/> is the website for the Developing Markets for Third Sector Providers programme, which is a key part of the Scottish Government support strategy for the Third Sector for the period 2011 – 2014. The website provides information on ways that the third sector can be more involved in service design. You can read about a number of different models of cross-sector working, including the Public Social Partnership (PSP) model, Community Benefit Clauses (CBC) and the use of Social Value throughout public sector commissioning and procurement in Scotland.

Although the site has quite a lot of jargon it might well be useful for community-led health organisations and public health agencies who are already thinking about how they might collaborate in service delivery.

National Cycle Network App

Best to be honest and admit that most of us at CHEX aren't too clued up on using apps on our phones etc.! However, if you are, and you cycle or promote cycling through your work, you may be interested in this app developed by Sustrans which enables you to access over 25,000 miles of walking and cycling network across the UK. The app is designed to help people make more of their everyday journeys on foot or by bike and you can download it for free and use it on your phone (although

perhaps not while cycling!). [Visit the download page for The complete National Cycle Network app.](#)

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