



Issue No 225, 24th January 2013

Hello, and welcome to issue 225 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 7th February 2013** so please send anything you would like to be included before Tuesday 5th. 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
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CHEX News

News from the CHEX Network - Grassroots Project Launch

CHEX is pleased to pass on the news that CHEX network member organisation, Healthy Valleys, has launched a new Big Lottery funded project. The Grassroots Project was officially launched by Aileen Campbell, MSP for Clydesdale and Minister for Children and Young People, on Friday 23rd November at the St Brides Centre, Douglas.

The Grassroots Project is a free support service for families with children under the age of 5, who need extra help, living in rural South Lanarkshire. Following a successful pilot, Lottery funding has been secured for 3 years until March 2015.

Trained volunteers support pregnant women and families to attend not only vital pregnancy related healthcare appointments but also to educational programmes including:

- Feeding the Family cookery courses
- Healthy Weaning courses
- Breastfeeding Support groups
- Baby and Child First Aid courses
- Baby Yoga/Massage
- Play@home sessions

and many more!

MSP Aileen Campbell said she was “so pleased to be able to help celebrate the launch. There was a great buzz at the event – the project has great potential” as it clearly links to national policy priorities”

Jackie Kileen, Scottish Director for Big Lottery said “Grassroots is an excellent project with fabulous staff and volunteers and great support offering great support to families in need”

To find out more about the work of Healthy Valleys please visit www.healthyvalleys.org.uk

Send us your community-led health news in 2013

CHEX knows that a lot of great community-led health work goes on around the country. If you have anything you want to share about your own work in 2013 we'd really like to hear about it and we are always keen to profile anything community-led health related. A particular story, such as the Grassroots Project Launch above, is ideal. However, we would also be delighted to profile an organisation or initiative

which we have not highlighted before. **If you would like your local work in Scotland profiled in CHEX-Point Snippets, please contact andrew@scdc.org.uk.**

CHEX policy briefing on tackling Scotland's health inequalities

CHEX has issued a new policy briefing, "Tackling Scotland's health inequalities: A time for radical change?", bringing together some recent policy statements and research findings around health inequalities in Scotland, including recent reports from Audit Scotland and Scotland's Chief Medical Officer. These provide stark reading for anyone concerned with improving the health and wellbeing of disadvantaged communities.

Within the documents there is a call for radical change in how Scotland tackles health inequalities. CHEX welcomes and supports this call for change together with greater recognition and backing for the contribution that community-led health approaches can bring. [Read "Tackling Scotland's health inequalities: A time for radical change?"](#)

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General Information

Help develop dialogue on the third sector's engagement in health and social care

As part of SCVO's The Gathering event on Wednesday 27th February, Voluntary Health Scotland will lead a seminar with third sector organisations and Health Board representatives which will explore working together to achieve positive outcomes for health and social care. Running in the afternoon, 1pm – 4:30pm, the seminar will hear from Professor Gerry Stimson and Derek Feely, Director of NHS Scotland, create the opportunity to discuss key issues in health and social care and explore use of the 'Engagement Framework' - a new resource aimed at strengthening engagement between third sector organisations and health boards. Please sign up for the Seminar by clicking on [this link to the Gathering](#).

Contribute to a common framework for Community Development

CHEX's parent organisation SCDC is a partner in holding this national workshop in Dundee on 28th February, 1pm – 4.30pm, with practitioners, community activists and policy makers. This will consist of dialogue on current community development practice and how it can be developed and strengthened to enable us to meet challenges collectively. The results will help to develop a common framework across Europe which will set out the purpose of Community Development, the values which underpin its practice, the outcomes it achieves and the tools and methodologies employed by communitydevelopment workers and organisations. Register your attendance by 1 February. Please visit [the SCDC website](#) for more information and to sign up.

Cross Party Group on Volunteering and the Voluntary Sector

The topic of the next Cross Party Group on Volunteering and the Voluntary Sector is Health and Social Care Integration. The group will sit on 5th February, 6-7:30pm at the Scottish Parliament, Committee Room 4. Guest Speakers TBC. All welcome, please RSVP to david.mccolgan@scvo.org.uk if you wish to attend.

Margaret McDougall MSP is the Convenor of the Cross Party Group on Volunteering and the Voluntary Sector, with the Scottish Council for Voluntary Organisations and

Volunteer Development Scotland supporting the secretariat for this Group.

Aberdeen's Older People to Benefit from New Befriending Project

Isolated and vulnerable older people in Aberdeen are set to benefit from a city-wide befriending project being launched on 28th January at a Civic Reception at the Town and County Hall. The Aberdeen City Befriending Partnership will see five well-established local charities working together, facilitated by ACVO (Aberdeen Council of Voluntary Organisations) on behalf of the Change Fund, to provide support and advice to over-55s in Aberdeen City. The five charities to have been chosen as the lead partners, are British Red Cross, Sue Ryder, The Living Well Project, Parish Nursing and Bethany Christian Trust.

Research suggests that old age can be a time of loneliness for many people and that this can be a serious factor in several health issues. The Befriending Partnership will combat this by providing one on one support to help people to get out and about more and to establish new friendships and interests. The service can also provide practical help with things like shopping, assisting people to attend important appointments, and signposting them to other services which may be of interest or of use to them. The project, which is funded by Aberdeen City's Reshaping Care for Older People Change Fund, will be officially launched at The Town and County Hall on Monday 28th January at 12 noon.

'Still Game' Programme at Big Hearts

Big Hearts are looking for individuals aged 60+ to participate in a brand new programme taking place at Tynecastle Stadium. 'Still Game' is a free programme that will give individuals the chance to get involved in a range of workshops, meet other people of the same age and connect with a new social circle. The programme will run every Tuesday from the 5th February 2pm-4pm. Workshops will include:

- Healthy eating
- Keeping safe – fire and police
- Mental Health Awareness
- Former players talks
- Computer session
- Hearts FC Stadium Tour
- Football memories

If you or someone you know would benefit from being part of this free programme, contact Ben on benedict@bighearts.org.uk for more information or call 01312007204.

As reported in the last issue of Snippets, there are similar 'Still Game' events being held by all Scottish Premier League clubs. Should you require any more information about this project or want to know how to get involved at your local SPL club, please contact: Euan Miller – Scottish Premier League Trust, Tel: 0141 620 4147, email: spltrustadmin@scotprem.com

Office Space Available in Edinburgh

The Ethical Property Company currently has several small spaces available for 1 - 2 desks in their Edinburgh office at Thorn House. The space is managed in a transparent and supportive way with the focus upon the sharing of resources and the creation of a communal working environment.

The Centre provides affordable, flexible and fully managed office space to charities, social enterprises, voluntary groups and organisations working in creative fields and

the arts. If you are interested and feel you and your organisation could benefit from the facilities available, please contact Janine@ethicalproperty.co.uk / 01225 750925.

Volunteer for Glasgow 2014

The application process to volunteer at the Glasgow 2014 Commonwealth Games is now open and you can apply up till the 28th February. More information is available on the [Glasgow 2014 website](#).

News from other e-bulletins

This fortnight, CHEX recommends reading the following news bulletins relevant to community-led health:

- Peter Taylor of Community Development Alliance Scotland (CDAS) has written up some useful highlights of the Community Empowerment and Renewal Bill analysis of responses. [See the latest CDAS ebulletin for full details](#).
- [Local People Leading](#), the ebulletin from The Scottish Community Alliance this month contains a profile of Inverclyde Community Development Trust
- [The Poverty Alliance's newsletter for January](#) includes news of research with lone parents at the Fife Gingerbread project which was conducted as part of the Alliance's Evidence Participation Change project. The e-bulletin also has links to the Scottish Campaign on Welfare Reform (SCoWR) which we have featured in the Snippets campaigns section below.
- The latest [Wellbeing in Sexual Health \(WISH\) e-bulletin](#) from NHS Health Scotland has a link to [future meeting dates](#) for the Scottish Parliament Cross-Party Group on Health Inequalities.

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Consultations and Surveys

SCVO welfare reform consultation for third sector

The Scottish Council for Voluntary Organisations is conducting a mapping exercise, exploring how the third sector in Scotland is coping with the impact of UK welfare reforms. It includes: a survey to capture the views of organisations in the sector; information on who is doing what; intelligence on the effects of this crisis; and ideas on how we can mitigate the impact of welfare reform on people and communities throughout Scotland. To complete the survey please [click here](#)

Case studies and useful resources on co-production sought

The Scottish Co-production Network is looking for co-production case studies to feature on its website. You can share your case studies and any useful resources or examples on the website at any time using the discussion forum. Check the news and events page of [the Network's website](#) to keep up to date with more news, and submit any news and events to olivia@scdc.org.uk

What does regeneration mean to you?

The [Local Government and Regeneration Committee](#) has launched an inquiry to examine the impact that regeneration can have within a community and wants to hear views from across Scotland. Last year, the Scottish Government published its regeneration strategy with the aim of reversing the economic, physical and social decline in areas across Scotland. The Committee wants to identify what has worked

well in regenerating communities and what barriers still exist. [Click here](#) to read the news release and [here](#) to view the call for evidence.

Self-Directed Support and Mental Health – Telling Your Story

Over the last few months Mental Health Foundation, Penumbra, the Scottish Mental Health Cooperative and the Scottish Recovery Network have all been working on projects about Self-Directed Support (SDS) in mental health. They are now collecting and presenting the stories or narratives of people with lived experience of mental health who are taking more control over the way they receive services, whether through Self-Directed Support or other means. The aim of this work is to:

- Learn more about Self-Directed Support: what has helped, what works, what can be done better, what difference it can make;
- Generate examples of what can be achieved through Self-Directed Support to inform and build capacity of people with lived experience of mental health, service providers and local authorities to use SDS;
- Influence the practice of local authorities in implementing Self-Directed Support by giving a voice to people with mental health problems who have experience of the process.

The project is very happy to interview service users who have experience of using SDS in relation to mental health and the team includes researchers with lived experience of mental health problems. A self-completion form is being developed for people to submit written stories as well as a resource for people working in support organisations to use with service users to assist them with telling their stories.

If you would like any more information about this work or would like to share your story then please contact Louise Christie at louise.christie@scottishrecovery.net or on 0141 240 7790.

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Publications

NEF work around prevention

We've highlighted the New Economics Foundation's interesting programme around prevention in previous Snippets. Now NEF has launched [The Prevention Papers](#), a collection of short essays addressing different aspects of prevention in areas ranging from climate change to crime. Amongst its recommendations, NEF calls for a better understanding of how the idea of preventing harm can be realised in practice as well as new incentives and policy mechanisms to support prevention.

Welfare 'Reform' and Mitigation in Scotland

In the last issue we mentioned [SCVO's Welfare Reform conference report](#). A related SCVO publication has been written by Jim McCormick. [Welfare 'Reform' and Mitigation in Scotland](#) examines the impacts of the UK Government's welfare cuts and reforms on Scotland. It sets out the context in terms of UK welfare; projects the impact of the reforms on people and communities; and gives recommendations on how Scottish policy makers can 'mitigate' the cuts from Westminster. One of the main recommendations is that a Financial Security Change Fund should be Established which would integrate existing support for income maximisation, welfare and money advice programmes; boost the capacity of credit unions; and seek to

extend effective approaches more widely.

Benefit Changes Chart

Last year the National Association of Welfare Rights Advisers published a chart showing the different benefit changes coming into place as a result of the UK Government's welfare reforms. "[Recent and Forthcoming Benefit Changes – April 2012](#)" lists the changes which are scheduled over coming months as well as those which have already happened. The resource also gives some 'bite-size' critical analysis of the changes.

All Blocks Gone

"All Blocks Gone" is a book of poems, stories and art written, edited, designed and published by people at Headway Glasgow, a charity which promotes understanding of, and provides information on, all aspects of acquired brain injury. It has been described as "a most powerful collection of the words, poetry, testimonials, and art of a group of Scottish individuals who are currently thriving beyond their unique stories of Acquired Brain Injury and trauma."

Starting out as a music and book group listening and sharing their views about books, poems and music a group of Headway Glasgow members then moved on to writing their own pieces. Calling themselves Writing from the Head, they began writing on a blog and the idea of producing a book arose. They persuaded other Headway Glasgow participants to write contributions which then led to the publication of this inspirational new book.

"This was a very exciting project to be a part of," said Jim one of the editing group and a contributor. "The book provided people with a chance to show what they can do. We have poems, stories and artwork that show the range of interests and skills in Headway."

Since taking up creative arts as part of Headway's activities, many of the participants have felt able to express their feelings and views, which are contained in the book. The title they chose refers to how their involvement with Headway Glasgow has helped them to be free of barriers; to assist recovery or to find a new route in life. Thus the title they chose, All Blocks Gone.

Help came from Scottish Community Foundation which funded the process, part of which is to e-publish the work.

Copies of All Blocks Gone are available from Headway Glasgow by calling 0141 332 8878 or emailing info@headwayglasgow.org. The book is priced at £6.99 plus p&p, with a special Headway price of £4.99 plus p&p for people with ABI and their carers. It is hoped that the e-book version will be available in early 2013, with an audio version released shortly after that. Look on www.headwayglasgow.org for more information. All profit from sales goes to Headway Glasgow to keep their arts activities going.

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Funding

Santander Community Plus

Santander has announced the launch of the Community Plus grant fund worth £1.23 million. Nominations can be made by charities as well as Santander customers and staff. Just visit any Santander branch and complete a simple nomination form. The completed form should be dropped into the box provided in your local branch. There are no closing dates and entries will be regularly considered by a panel of staff drawn from across the region. Successful charities will be notified within 2 months of submitting their nomination.

The grant needs to fund something specific e.g. a piece of equipment or to pay for the costs of a part time sessional worker, and it must also directly help disadvantaged people in your local area. You must be a UK registered charity. Find out more at www.santanderfoundation.org.uk

Go for it Scotland

The Go for it Scotland! bursary programme, run by Quality Meat Scotland and Sport Scotland, is open to individuals and groups of all ages and abilities providing they live and train in Scotland and take part in a healthy activity which increases their heart rate. Individuals, groups and clubs are invited to apply for the twenty £500 bursaries which are being awarded annually in the run up to Glasgow 2014. [Click here](#) to read more online.

Funding for nutrition training for work with parents and young children

Community Food & Health Scotland (CFHS) is offering funding for basic nutrition training for groups working with parents and young children. CFHS wants to encourage more groups working with families with young children to have the opportunity to learn about the link between diet and health. Groups working with families with children aged 0-8 can apply for up to £1000 to meet some or all of the costs of staff, volunteers or group members completing a REHIS Elementary Food and Health (Nutrition) course. Groups should be working in low-income areas, or with families that are likely to be affected by living on a low income.

The Royal Environmental Health Institute of Scotland's (REHIS) Elementary Food and Health (Nutrition) course provides participants with a basic knowledge of the link between diet and health. The course content includes: the function of food; nutritional needs; life and diet; and eating for health. The course is six hours long and includes a multiple choice learning check.

For more details please read the attached information or contact Anne Gibson on 0141 226 5261 or anne.gibson@consumerfocus.org.uk

People's Postcode Trust Small Grants Programme

The first funding round of the Small Grants Programme from the PPT opened on January 7th and will close on February 22nd. The fund provides funding for projects of up to six months in length, ranging from £500 up to £10,000 to registered charities, community and voluntary groups, community interest companies and other not-for-profit organisations. Visit the [PPT website](#) for more information.

Edinburgh & Lothians Health Foundation

The Edinburgh and Lothians Health Foundation is a registered charity whose charitable purpose is the advancement of health. It offers grants of between £5000 and £100,000 to projects in this region which improve the health of the local community, improve patient carer experience, reduce healthcare inequalities and/or support medical research. The next closing date is fast approaching - 31 January 2013, so [click here](#) to read more on NHS Lothian's website.

Youth in Action

The European Commission's Youth in Action Programme funds not for profit and statutory organisations to support a wide variety of youth projects. These can include youth exchanges, youth democracy projects; volunteering; co-operation projects with neighbouring countries of the European Union; and training and networking of those active in youth work and youth organisations; etc. The programme is open for applications from non-profit or non-governmental organisations; local, regional public bodies; informal groups of young people; bodies active at European level in the youth field; international non-profit organisations; and profit-making organisations organising an event in the area of youth, sport or culture. There are a number of application deadlines in 2013. For further information on the funding opportunities available, application deadlines and how to apply go to http://eacea.ec.europa.eu/youth/funding/2013/index_en.php

Co-op Customer Donation Fund

Organisations that bank with the Co-operative Bank using their Community Directplus Bank Account have the opportunity to apply for funding through the [Bank's Customer Donation Fund](#). In April and October, the Bank will judge customers' applications for project funding and distribute a minimum of £5,000 amongst those customers that are successful. Every Community Directplus customer is entitled to make an application for funding for up to £1,000. The next closing date for applications is the 31st March 2013.

Local People Local Paths

Grant funding from Paths for All is available to support your group to improve and develop local paths in your community. The deadline for applications for this grant is 25th February 2013, although additional funding may become available in future. Visit the [Paths for All website](#) to access application forms, guidance notes and contact details for the Paths for All Local Paths Development Officer who can speak to you about your idea. Applications can be submitted online or by post at any time until the 25th February.

Scotmid Grants

The Scotmid Co-operative is offering small grants to assist and support community projects and initiatives throughout Scotland. Last year Scotmid awarded grants totalling £235,000 to organisations ranging from parent and toddler groups to national campaigns.

Funding areas include (but are not limited to):

- Community Groups
- Active Lifestyles
- Environment
- Elderly

To be eligible for funding, applicants must be a group or individual acting for the wider benefit of the local Community; and live within the geographic boundaries of one of Scotmid Regional Committees. Applicants can be submitted at any time. [Click here](#) for more information.

Public Health Research Programme

The PHR Programme funds research of social interventions to improve health. The fund does not support actual interventions and is more suited to research partnerships involving research expertise than community organisations. However it may be of interest to community-led health organisations that are keen to collaborate

with other sectors (such as academia) in order to show the impact of their work. Have a look for yourself at <http://www.phr.nihr.ac.uk/index.asp>.

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Events

Befriending Rocks (Edinburgh)

Befriending Rocks will be a celebration of befriending in the company of two of the finest live bands around - Panda Trap and Chil. The event will take place from 8pm in Teviot Underground, Bristo Square Edinburgh on Saturday 2nd February 2013. Entry by donation. All welcome. Disabled access. You can also enjoy the Befriending Week exhibition, which will be on display. Come and celebrate the power of one-to-one in tackling loneliness!! For further information please contact Sandra Brown on 0131 261 8799 or sandra@befriending.co.uk

LEAP Sports 10 Pin Bowling Events (Glasgow)

LEAP Sports is a new charity which aims to break down the personal and social barriers which discourage lesbian, gay, bisexual and transgender (LGBT) people across the country from participating in Scottish sport.

This year LEAP is celebrating LGBT History Month Scotland 2013 by running a national ten pin bowling tournament, and hopes to encourage people throughout the country to participate in sport during the first half of February. The national final will take place on 23rd February in Stirling, but to have a chance of being in the final, you must play two games before 14th February.

To encourage you all to get involved, LEAP will be running a Glasgow regional event on the evening of Mon 4th, Tue 5th or Wed 6th February at the Springfield Quay. It will cost £45 per team of four for two games, shoe hire and a drink from the bar. If you are interested in taking part in our Glasgow event, simply contact Euan Platt at ewan@leapsports.org or call on 0141 222 4843 by 12 noon on Friday 1st February to let him know what dates you are available and your team details. There is no limit to the number of teams you enter, as long as there are four players in each.

If you can't make the Glasgow event, you can still enter the competition. All you need to do to take part is assemble a team of four, play two games, and submit your scores to LEAP Sports before 14th February. If your team is in our top ten highest scores, you'll be invited to the national final.

For more info, visit: <http://leapsports.org/events/lgbt-history-month-national-bowling-competition>

Voluntary Sector Locality Network Events (North Lanarkshire)

During February-March 2013, Voluntary Action North Lanarkshire will host its latest round of six Voluntary Sector Locality Network Events across North Lanarkshire for volunteers, voluntary sector organisations and other key partners to come together to share key information.

If you are a volunteer or paid staff member in a local voluntary sector organisation (or work for any other partner organisation with an interest in communities), and feel you would benefit from such an event, you are encouraged to attend. For a full list of

events in Cumbernauld, Motherwell, Coatbridge, Bellshill, Airdrie and Wishaw visit [VANL's website](#).

Seeing Auntie (Paisley)

'Seeing Auntie' is a new, one person play that looks at the subject of Dementia and in particular Alzheimer's disease. The story focuses on the lives of one family and how one person having dementia (Auntie Irene) affects the whole family. The story follows Irene and her family in the early mid and late stages of the disease and gives an insight from the families, carer's and health care professional's perspective. It provides ideas and tips for caring for a person with dementia and offers hope for the future.

The Healthy Working Lives team would like to offer you and your employees the opportunity to see this play for FREE on the 25th February 2013, 10:30am – 12 noon, at Reid Kerr College, Renfrew North Lecture Theatre (RN 145/6), Renfrew Road, Paisley, PA3 4DR. Information from local support agencies including will also be available on the day. For more information or to book a place today email Mariam.Abbas@ggc.scot.nhs.uk

Commission on the Status of Women – awareness raising event (Stirling)

The Commission on the Status of Women (CSW). The 57th Session of CSW will take place from the 4th – 15th March 2013 in New York. The theme is "The Elimination and Prevention of all Forms of Violence Against Women and Girls"

The Scottish Women's Convention in partnership with Soroptimist International GB and Ireland are holding an event in the Albert Halls, Stirling, on Wednesday 6th February 2013 to raise awareness about CSW and to update Scottish women/organisations on CSW preparations and to allow them to contribute their opinions and observations. This is a free event and representatives from the UK and Scottish Governments will attend.

The event is free to attend and lunch will be provided. To register please contact info@scottishwomensconvention.org or telephone 0141 339 4797.

Life Coaching Club (Wishaw)

This local club meets every Wednesday at 10:00am and is free of charge. Activities include breathing exercises, discussions, life-coaching and ratings of importance vs. satisfaction. The group meets in the VANL Community Hub (Former Church Building - Large Hall) in Kenilworth Avenue, Wishaw. When programming your Sat Nav device, please use the postcode ML2 7LP or type in Wishaw, Kenilworth Avenue. Learn more at <http://www.lifecoachingclub.btck.co.uk/>

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Conferences and Seminars

North of Scotland WISHH Regional Event (Dundee)

Targeted particularly at staff working in Highland, Grampian, Tayside, Western Isles, Orkney and Shetland (videoconferencing facilities available) this event explores local responses to the [Sexual Health and Blood Borne Virus Framework](#), highlighting local practice. Taking place at West Park Hall, Dundee on Tuesday 12 March 2013, the event will include presentations on work so far, peer education programmes, training

needs of social workers, and app and web developments. In addition, there is the opportunity to nominate to two WISHH awards celebrating promising practice (previously submitted applications will be carried forward). Email Catriona.young1@nhs.net to register your interest. Registration will close 22nd February 2013.

GreenHealth Conference (Edinburgh)

This free event will provide opportunities to hear from the lead researchers on the four-year Scottish Government funded research programme which investigated the contribution of green and open space to public health and wellbeing, and to consider the implications of the findings for policy and practice. The conference is organised by greenspace scotland on behalf of the Greenhealth research partnership (The James Hutton Institute, OPENSspace Research Centre, Edinburgh University and University of Glasgow).

The conference programme and booking form will be available in January. You can register interest by emailing [Jane Lund](mailto:Jane.Lund@jhi.ac.uk) at The James Hutton Institute.

CDAS conference on Building Stronger Communities (Edinburgh)

Community Development Alliance Scotland (CDAS) is holding a conference on 'Building Stronger Communities (*Community Capacity: Why does it matter? When is it needed? How can it be built?*)' on Friday, 19 April, 10.30 am to 4.30 pm (Registration from 9.45 am) at the Thistle King James Hotel, Edinburgh. The cost is £40 to community groups and £60 to all others.

The CDAS conference brings together a wide range of people, across the community, voluntary, public and private sectors. It is for everyone who is directly involved in strengthening communities, or who is seeking to increase the contribution of communities to achieving outcomes.

This conference hopes to help to stimulate a national debate on how to build stronger communities. How can they be strengthened and who has a role in helping? What capacities are most needed? Do public services themselves have the capacity to allow effective empowerment to take place? The conference will combine:

- presentations from some of Britain's leading experts in the field, to remind us of the fundamental values and skills required
- contrasting views on who needs what capacities and how they can be built in Scotland
- opportunities to discuss and learn about the impact of capacity building and practical approaches to doing it.

Speakers will include

- Steve Skinner, co-author of "Assessing Community Strengths"
- Paul Henderson, co-author of "Skills in Neighbourhood Work"

For Bookings, please return [this booking form](#) to SURF, Orkney Street Enterprise Centre, 18-20, Orkney Street Glasgow G51 2BZ info@scotregen.co.uk 0141 585 6849. For further information contact Peter Taylor: cdas@pdtaylor.com, 0141 586 7588

Mind the 28-year gap (Edinburgh)

Relevant to CHEX's new policy briefing on the subject, this event on health inequalities has been set up by the Scottish Parliament Health and Sport Committee in order to help it shape the terms of reference for its inquiry into health inequalities in Scotland. The stakeholder conference will take place at the Scottish Parliament on

Monday 18 February 2013. It will be a participative event allowing the Committee to hear a wide range of views that will inform its decisions on the scope and form of the full inquiry. The event is scheduled to start at 10.00 am and will finish shortly after 3.30 pm. For further details, re programme, speakers, booking, go to the [Committee's page on the Scottish Parliament website](#)

Self-Directed Support in Mental Health Event (Edinburgh)

Mental Health Foundation and the Scottish Mental Health Co-operative are working on a project to build capacity for self-directed support for mental health. They are working with local third sector providers across Scotland, and with service user groups, with funding from The Scottish Government's Capacity building Programme for Self-Directed Support.

Following on from a successful project launch event in August 2012 in Glasgow, a series of regional discussion events was held with providers, service users, and often local authority and health staff. Regional events have taken place in Glasgow, Renfrewshire, Inverclyde, South Lanarkshire, Stirling and Falkirk, Edinburgh, Fife, Inverness and Perth.

On March 7th, a free event in Edinburgh will launch the report of findings from these events. Anyone with an interest in SDS in mental health is invited to attend and participate in considering the implications of these findings. The event will also see the launch of a new joint initiative with Penumbra and the Scottish Recovery Network to collect and share the personal stories of people who have used self-directed support in mental health.

If you are interested in attending the event on 7th March, please contact Janine Bowie on jbowie@mentalhealth.org.uk. The organisers have some capacity to pay expenses for service users, and to provide interpreter or access support if needed.

A Canadian approach to community development (Glasgow)

On 6 March, Paul Morin, of the Université de Sherbrooke, Quebec, will lead a seminar discussion, based upon his experiences in using and evaluating the Estrie Community Dashboard. This is a participative and cross-sectoral approach to the production of community profiles. The goal of the Community Dashboard is to encourage local mobilization for practical action in community development. It has been used to stimulate action on the social determinants of health. We will hear about the Quebec experience and discuss how it relates to experiences and issues in Scotland.

The seminar is organised by CDAS in conjunction with SCDC and the CLD Standards Council. It will run from 10-12am at a venue in central Glasgow which will be confirmed later. Attendance is free, but must be booked by [registering here](#).

Is it possible to move on from low paid work? (Glasgow)

This free Ethnicity and In-Work Poverty Research Workshop follows on from an earlier series of workshops and intensive case study research across four cities in Scotland and England. This action-oriented event will. Anti-poverty and employability organisations are encouraged to attend. The location and date are CEMVO Scotland offices, 1st Floor, 95-107 Lancefield Street, Glasgow, G3 8HZ, 6th February 9.45 am to 1.00pm To register your interest and book your place research event, please contact: Else Kek or Kamaljit Kaur at CEMVO Scotland, Tel.: 0141 2484830 or e-mail: enquiries@cemvoscotland.org.uk.

Equality and Involvement with the Public Sector (Glasgow)

Taking place on Thursday 7th February, 12.00pm – 5.00pm (Registration and refreshments from 1pm, 1:30pm start) at the Scottish Youth Theatre, Old Sheriff Court, Brunswick Street, Glasgow G1 1TF, this seminar aims to bring together Voluntary and Community Sector organisations which have experience of engaging with the Public Sector to identify some key rights, responsibilities and opportunities for change.

The results of the seminar will be used to develop a report which will inform ongoing work in strengthening the ability of Voluntary / Community and Public Sector organisations to work together to create change. Please direct any bookings or enquiries to nadia@crer.org.uk.

Minorities, Communities and Blood Born Viruses (Glasgow)

Running on Wednesday 13 March, 2013 - Glasgow City Chambers, George Square, Glasgow G2 1DU this free international conference will:

- Examine current Scottish health and social responses to BBVs in minority ethnic communities.
- To build the capacity of workers and services in order to engage with, provide best-practice treatment and care to, and to prevent secondary disease in, minority ethnic communities.

Target Audience

- Clinicians, workers and representatives from mainstream services and minority ethnic health, BBV and other support services.
- Service planners, commissioners and providers
- Minority ethnic community members and leaders

The conference is jointly organised by Hepatitis Scotland and HIV Scotland and is supported by Health Protection Scotland. Key presentations from Scottish, UK and European speakers and organisations. Find the booking form, programme and further information [here](#).

Trellis 7th Annual Conference (Perth)

The Trellis 7th Annual Conference, *People Grow Better in Gardens*, will take place on the 19th March 2013, Perth Concert Hall, PH1 5HZ, 9.30 to 15.45. The day will be an opportunity to network with like-minded people from across the field of Therapeutic Horticulture. The conference will feature a research update from PhD student Di Blackmore and the ever popular project showcases, as well as workshops where you can brush up your skills and knowledge. You will be able to choose your preferred workshops upon arrival at the venue, on a first come, first served basis. There will be lots of opportunity to talk to others from all over the country, exchange good practice ideas and swap seeds (if you have any, please could you bring saved seed in clearly labelled envelopes).

If you would like to promote your work via a dedicated display stall in the foyer, please contact Trellis. [Book here](#) before Thursday 28th February 2013. Lunch will be provided.

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Training

Introduction to policy (Edinburgh)

Community Food and Health (Scotland) is holding a 'Introduction to policy' session on Thursday 7 March from 10 am to 3 pm in the Engine Shed in Edinburgh. This is ideal for staff or volunteers working in community food initiatives who want to find out about, or find out more about, food and health policy and other policies that relate to food and health work. The session will include a range of activities, discussions and inputs. The training is free. Further details and the booking form are available [here](#), or contact Anne on anne.gibson@consumerfocus.org.uk.

Coping with anxiety group (Edinburgh)

Health all Round, Westerhailes Health Agency and NHS Lothian are jointly offering this 6 week long course to develop coping strategies to better manage both the physical and mental effects of high anxiety levels. It will run throughout the year in venues across Edinburgh e.g. Leith, Gorgie, Westerhailes, Tollcross, Howden Street. Each session lasts 1 ½ hours. Call 0131 537 8661 for more information and leave your name and contact details on the answering machine. A course facilitator will then get in touch with you as soon as possible.

HIIC Tutor Training dates (Glasgow)

Dates have been set for the above course which will be run on the 27th and 28th March 2013 in the STUC Centre Glasgow. The 2 day course is for individuals who wish to become HIIC Tutors and costs £300 for those from the statutory sector and £200 for those from the voluntary sector.

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

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

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

Developing Your Organisation (Glasgow)

This training from GCVS and Animate is an integrated learning programme for voluntary organisations, running over 5 days from Monday 4th February until Monday 29th April. The training uses a variety of learning tools, processes and organisational change theories in a series of modules and coaching sessions in order to learn about organisational development. Crucially, over the duration of the learning programme, you will actually work upon an organisational development initiative that is tailored to your own organisation's needs.

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

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

View the [online flyer](#) for more information, and to book. Alternatively interested organisations can contact Duncan Wallace, Duncan@animateconsulting.org.uk, or call 07786050893. www.animateconsulting.org.uk.

Paths for All 'Walk at Work' training course (Inverness)

Walk at Work training is a free one day course open to any organisations and aimed at getting your staff and colleagues more active by starting a workplace walking project. This training will provide essential knowledge, skills and ideas to develop and deliver a successful workplace walking project. The day includes a demonstration health walk to give you the confidence to get out there and get walking with your colleagues! The training will run at Great Glen House, Inverness, Tuesday 19th February 2013. The training will help you to:

- get the support of management for a workplace walking programme
- understanding of the benefits of a workplace walking project for employee and employer
- recognise the main barriers to getting colleagues walking
- describe the main issues and considerations involved in organising a health walk
- have a basic understanding of route planning, risk assessment and recognise potential hazards on a health walk
- Outline the roles and responsibilities of a Walk Leader

Please contact Helen Wilson if you'd like to attend or would like further information (Email: helen.wilson@pathsforall.org.uk Tel: 01463 725159)

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Vacancies

Volunteering role at The Stroke Association

13,000 people will have a stroke in Scotland this year - yet 70% of those strokes are preventable. The Stroke Association is striving to change those statistics and is looking for volunteers to join them as a "Speak out for Stroke" awareness or campaigning volunteer. As an awareness volunteer, you will be giving talks to groups and distributing information leaflets on stroke and stroke prevention in your local community. As a campaigner, you will be helping influence politicians and service planners and help shape improvements to stroke prevention and care. The Stroke Association will provide full training for both roles and the next round of training is in March 2013 in Edinburgh. For more information contact Lynne Kalman at volunteeringScotland@stroke.org.uk or call 07540513416.

P/T Development worker (Aberdeenshire)

The Mearns and Coastal Healthy Living Network is looking for a development worker for a capacity building with older people project. The post will involve supporting older people's forums across north Aberdeenshire. The ideal candidate will have

experience of working with older people in a community development context. The job will be home-based, ideally north of Aberdeen. The post is for 7 hours a week and runs till the end of 2013. Salary is £4379 per year.

For further details and an application pack please contact Ed Garrett, 44 High Street, Laurencekirk, AB30 1AB, 01561 378130, mchln.edgarrett@gmail.com. The deadline for applications is Friday 1st February with interviews on Tuesday 14th February.

Community Health Development Officer (Broxburn, West Lothian)

West Lothian Health Improvement Team is recruiting for a Community Health Development Officer (18 hours p/w £26673 - £30502 pro rata) to deliver the Health Issues in the Community programme. The post is 18hrs per week, worked according to need, and fixed term till 31st March 2014. Application and information on the post is available at myjobscotland.gov.uk

Policy and Engagement Officer (Edinburgh)

Voluntary Health Scotland is advertising for a Policy and Engagement Officer (£26,502 - £28,866, 35 hours a week). The Policy and Engagement Officer will play a key role in supporting the Chief Officer in the planning and delivery of a sustained, effective programme of policy work and engagement with members and other external stakeholders.

You should have demonstrable experience of policy development and stakeholder engagement, excellent interpersonal, communication and analytical skills, and the ability to take the initiative, prioritise and organise their work and contribute fully to VHS's small but energetic team. You will be educated to degree level and have a sound understanding of Scotland's health and social care policy environment. See more on [goodmoves](http://goodmoves.org.uk). Closing date: 12 February 2013.

Project Officer (Galashiels)

Brothers of Charity Services is looking for a Project Officer (£27,625 pro-rata, £11,786 per annum, based on 16 hours per week, temporary for 9 months) for its "A Healthier Me" project. The Project Officer will assume lead responsibility for this new project, which will devise and deliver an awareness training programme aimed at supporting people with learning disabilities in their health and wellbeing, including maintaining a healthy weight. For further details see <http://www.goodmoves.org.uk/jobs/12557?page=9§or=7>. Closing date is 8th February 2013.

Ideas Facilitators (Glasgow)

Social Care Ideas Factory (SCIF) is looking for Ideas Facilitators (21 hours per week Salary: £22,000 pro rata) to help transform lives through combined assets, learning and active participation. You should have highly developed skills in group work and facilitation and proven experience in interpersonal, organisational, operational and strategic skills that will deliver results within our lively, fast moving and demanding organisation.

This post is fixed term for 1 year however pending review posts may become permanent based on performance and available funding. See the full job description at <http://socialcareideasfactory.com>. Closing Date: 5pm, Friday 1st February 2013 Interviews: Wednesday 20th February 2013 in Glasgow.

Development Worker (Glasgow)

Cranhill Development Trust seeks to recruit a Development Worker (Salary: £26,000 pro-rata, 17.5 hrs per week, currently funded to March 2015). Applicants should have

experience of developing new projects and initiatives, a track record in community outreach, experience of community consultation and community engagement skills as well as the ability to manage a complex programme of activities and events

For further information and a job application pack, please contact Lauren Graham, Cranhill Development Trust, 109 Bellrock Street, Cranhill, Glasgow, G33 3HE lauren@cranhilldt.co.uk, 0141 774 3344. See www.cranhilldt.co.uk for more on Cranhill Development Trust. Closing date: 5 February 2013.

Volunteers (South Queensferry)

The Deaf Action charity shop on the High Street in South Queensferry is looking for volunteers. If you can spare a minimum of 3 hours a week then pop into the shop for a chat or phone Chris on 0131 331 5889 or contact Charlene on 0131 556 3128.

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Websites

Housing & Welfare Reform Knowledge Hub

The Scottish Government has developed an online forum to allow colleagues and stakeholder to share good practice around mitigating against the impacts of housing benefit and welfare reform. The forum allows you to start discussions, add topics, upload documents and access a library of publications, events etc. The Scottish Government state that the Hub is at the very early stages of being populated, and ask anyone wishing to register to follow the link below and look for Housing & Welfare Reform hub under 'groups'. They add that if you have any difficulties or queries you should get in touch with Judi Reid in the Housing & Welfare Reform unit within the Scottish Government: judi.reid@scotland.gsi.gov.uk or telephone: 0131 244 5523. [Please click this link to access the hub.](#)

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Campaigns

Scottish Campaign on Welfare Reform

We have already covered campaigns against the UK government's welfare reforms in previous Snippets. These include [Unite the Union's petition](#) and the [Poverty Alliance's campaign](#) for members and supporters to write to their MPs

In addition, and as reported in this month's Poverty Alliance's e-bulletin, [The Scottish Campaign on Welfare Reform](#) (SCoWR) has called on Scottish MPs to oppose the UK Government's proposals to limit the increase in most benefits to 1% each year which SCoWR claims will push an estimated 200,000 children into poverty. The Poverty Alliance also point to [CPAG's report](#) looking at the wider impacts of the proposals.

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