



Issue No 231, 18th April 2013

Hello, and welcome to issue 231 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 2nd May 2013** so please send anything you would like to be included before Tuesday 31st April. You can send information/material for inclusion in CHEX-Point Snippets by sending an email to andrew@scdc.org.uk or phoning 0141 222 4837. CHEX-Point Snippets is provided by CHEX – Community Health Exchange and compiled by Andrew Paterson. Thanks to all contributors to this edition.

Regards
Andrew Paterson
Policy and Research Officer, Scottish Community Development Centre

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CHEX News

News from the Network – Broomhouse Swept up in Colour Again

Last year ([Snippets #218](#)) we mentioned Broomhouse Health Strategy Group was taking part in Dulux's [Let's Colour community initiative](#). Now the group has let us know that, as part of the initiative, its Fruit & Veg Co-op has been given a complete colour makeover.

The Dulux Let's Colour Project splashed out on paint provisions for the transformation, providing all the paint required by 10 volunteers, who rolled up their sleeves and picked up a paintbrush to transform this integral part of their community into a colourful hub. Additional funding to ensure all the work could be completed was provided by Community Food & Health Scotland, through Scottish Grocer's Federation funding.

Local residents brought a touch of the Mediterranean to the inside of their fruit and veg shop in just one week, upgrading the store with a colourful Barcelona-inspired scene.

This transformation was in addition to the 2012 external makeover by the Health Strategy Group to Broomhouse Market, in which volunteers from The Princes Trust, Tesco Bank and ESPC joined together with community members of all ages to create a large scale mural, made up of over 35 vibrant colours. Racking up an impressive 200 hours of volunteer time between them, the helpers covered more than 450m² of surface area on the external walls of the market area.

The project benefited from the playful imagination of the young, with local residents aged from 12 years working together with artists, MSCreative, to create the bright and playful designs that adorn this stretch of Broomhouse Market.

The volunteer-run fruit and vegetable co-op provides essential services for local residents, ensuring the needs of its community are met with healthy, affordable fresh foods and a free bag carrying services for the less mobile community members.

Lucy Aitchison, Project Co-ordinator says, "We're very proud to have been chosen as one of the Let's Colour UK projects. The makeover has demonstrated community empowerment at its best, as local volunteers teamed together to change their area for the better! The colourful external transformation has not only lifted people's spirits and reflects the really positive and welcoming atmosphere that we give to all who visit us, but has also encouraged new visitors to the store. We hope to see even more new faces following the internal grand unveiling."

The public can nominate projects for Let's Colour Project 2013 from March, by visiting www.letscolour.co.uk.

Broomhouse Health Strategy Group promotes healthy lifestyles to the communities of Broomhouse, Sighthill & Parkhead in Edinburgh, recognised areas of deprivation. It provides easy access to healthy, affordable food through the running of a fruit & veg food co-op, run by volunteers, open five mornings and two afternoons each week.

The group also runs cookery classes, exercise classes and a Healthy Walking Group, a free Home Delivery Service and Health Drop Ins. Find out more at www.healthstrategygroup.org.uk/

Thanks to Broomhouse for providing the above copy. We aim to include a piece of news from a CHEX Network organisation in each issue of CHEX-Point Snippets, so please get in touch if you would like us to feature some of your own work across Scotland.

Health Issues In The Community Tutor Training for young people

Due to a number of requests CHEX is running a special Tutor Training course on 2nd and 3rd May with a focus on delivery of HIIC to young people. The course will be held in SCDC offices, Suite 305, 50 Wellington St, Glasgow. Costs are £300 per person in the statutory sector and £200 for third sector organisations.

[Health Issues in the Community](#), otherwise known as HIIC, is a training programme aimed at increasing community capacity, increasing community participation, and establishing/ consolidating community development approaches to tackling inequalities in health.

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. Applicants should have a reasonable knowledge of community development and/or delivering training in a community setting. The Tutor Training gives participants an opportunity to find out about the pack content, how to use it, the learning methods that are used and the expectations/responsibilities of tutors.

For more information contact Robert@scdc.org.uk or Aileen@scdc.org.uk. Read more about HIIC Tutor Training [here](#).

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General Information

Watch and read about the Scottish Assembly for Tackling Poverty

The 4th Scottish Assembly for Tackling Poverty, organised by the Poverty Alliance, took place in Glasgow on the 25th and 26th of March. Over the course of the two day event more than 300 participants from across Scotland debated and discussed some of the key changes needed to address poverty. A report is now being compiled from the event, and videos are now being up loaded of the main plenary sessions and interviews with participants.

A lively debate between Scottish politicians was one of the highlights of day one of the Assembly. You can view short interviews with workshop leaders and of the plenary on our [You Tube channel](#). The event also had workshops on issues like the bedroom tax and attitudes to poverty, low pay and fuel poverty. Presentation from the workshops will be available on the Poverty Alliance [website](#).

A number of speakers at the Assembly have blogged about the experience and some of the issues that were raised. Here are some of the ones that we picked up on: [Gerry Hassan](#), [Mike Daily](#), [Kate Higgins](#), [Dave Watson](#) and [Blair Jenkins](#). The Poverty

Alliance will add more context to the website as it becomes available.

Scottish Government announces extra £10m for work with children, young people

Minister for Children and Young People, Aileen Campbell, has announced an extra £10m on top of the £20m third sector fund to be shared between 45 organisations working closely with children, young people and families. This lifts the total budget for the fund to £30m over two years, an increase on the funding available over the previous two years. Read more on the [Scottish Government website](#). The fund comes at the same time as the Children and Young People (Scotland) Bill which you can also read about at the same link.

News from other e-bulletins

CHEX recommends the following March e-bulletins relevant to community health:

- The latest [Welfare Cuts: #TakingItOn bulletin](#) from SCVO takes you on a whistle-stop tour of the changes and developments relating to welfare reform over the last few weeks. It links to a [welfare map](#) from the Financial Times showing the impact of the cuts across the UK.
- [One Parent Families Scotland \(April\)](#) has all the latest training, policy, events, funding and consultations related to one parent families. It usefully highlights the [Citizens Advice Scotland report](#) into the impact of welfare reform which reveals the shocking extent of the impact of the cuts so far on families in Scotland.
- [Local People Leading](#), the e-bulletin from The Scottish Community Alliance, always has its own provocative slant on things, and this month takes issue at Government initiatives to support, and legislate for, local authority-led community capacity building.
- Wellbeing in Sexual Health (WiSH) have sent out their [latest e-bulletin](#) highlighting issues of interest around positive sexual wellbeing. It includes a link to an illustrated resource from CHANGE which helps you support people with learning disabilities to talk about sexual health issues which can be accessed for free [here](#).
- We featured the relaunch of 'See me' in the [last issue of Snippets](#). This e-bulletin gives a weekly summary of mental health news. [Click here](#) to read Mental Health Talking Points online.
- [Paths for All E News](#) covers all areas of Paths for All's work and other information relevant to health and being outdoors. It has news of the [Walking, Cycling Connecting Communities](#) Conference in Edinburgh on Monday 13th May and upcoming walking events in Moray, Aberdeenshire and Glamis Castle.
- Another e-bulletin you may find of interest if your work has a social enterprise element is [Social Firms Scotland News](#) – which is aimed at commercial businesses for people who are severely disadvantaged in the labour market.
- Finally, [Voluntary Health Scotland's e-bulletin](#) for April is the best place to find information about policy developments relating to the third sector and health.

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Campaigns

Clean Up Scotland

Keep Scotland Beautiful recently launched a new campaign called [Clean Up Scotland](#). This is a scaled up version of the organisation's National Spring Clean campaign, and will run year round allowing groups and individuals the opportunity to organise clean up events whenever it suits them. KSB will also be raising awareness of the issues throughout the year. If you would like to help make Scotland shine, here are two things you could do:

- visit www.cleanupscotland.com and sign the pledge to support the campaign;
- Organise a clean up event in your favourite park, beach or the route of your regular walk and invite your friends, colleagues, or neighbours to help you clean up your neighbourhood. Register your event at www.cleanupscotland.com and KSB will send you a FREE clean up kit containing everything you need to get started including tabards, posters, links to an information pack and stickers for children.

Organisations can also pledge support for the campaign and get their logos and links to websites placed prominently on the campaign website. Contact info@cleanupscotland.org.uk or on 01786 471333 for more on this.

Action on Stroke Month

May 2013 will be the second Action on Stroke Month, which is about raising awareness of stroke and the impact on stroke survivors, their carers and families. It's also about standing together for life after stroke, and ensuring that every stroke survivor gets the support they need to make their best possible recovery from stroke. You can pledge your support here: <http://www.stroke.org.uk/strokemonth/pledge>.

This year Action on Stroke Month is focused on the emotional impact of stroke and the Stroke Association will be launching a new report on 1 May on this topic. You can read more about Action on Stroke Month at www.stroke.org.uk/strokemonth

Art in Healthcare go Forth!

On Sunday 19th May, a brave group of Art in Healthcare's staff, trustees and supporters will be abseiling 165ft free-fall down from the Forth Rail Bridge in a large fundraising appeal! You can show your support by donating here: <http://www.justgiving.com/teams/aihabseilers>. Your contributions will help Art in Healthcare broaden its reach of art in healthcare settings around Scotland, proven to be hugely valuable to staff, patients and visitors alike. You can also sign up to Art in Healthcare's newsletter for regular updates at www.artinhealthcare.org.uk.

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Consultations and Surveys

Consultation on Creating a New Food Body

Voluntary Health Scotland and The Poverty Alliance are organising a roundtable discussion between the third sector and the Scottish Government, Thursday 2nd May, 9.00am to 12.30pm as part of the Scottish Government's consultation on the role and scope of the proposed new food body for Scotland. The Scottish Government has said it is open to innovative ideas from the third sector, so this is an opportunity for VHS members active in the area of food and health to contribute their experience and ideas.

Places are now strictly limited, so please advise [Alison Crofts](#) as soon as possible if you wish to register. The new food body will replace the Food Standards Agency, taking on its responsibilities for food standards and safety, and it will be consumer-focused. Scotland has one of the highest levels of obesity amongst OECD countries, with consequent higher risks of conditions like diabetes, heart diseases and cancer, and the new body will be designed to support the Scottish Government's strategic objectives by:

- Tackling poor diet and food-borne diseases to help people in Scotland live longer, healthier lives
- Support children's development through improved diet and nutrition, to improve life chances for children, young people and families at risk and help children have the best start in life.
- Contribute to tackling inequalities through involvement in addressing food poverty.

The consultation paper is [A Healthier Scotland: Consultation on Creating a New Food Body](#) and the consultation period ends on 22nd May.

Consultation on draft legislation for CLD

The Scottish Government is seeking views on a draft Scottish Statutory Instrument (SSI) entitled The Requirements for Community Learning and Development (Scotland) Regulations, 2013. The purpose of the SSI is to strengthen the legislative basis of CLD. In particular, it is intended to support the achievement of the following policy goals:

- Communities across Scotland, but particularly those who are disadvantaged, have access to the CLD support they need.
- Communities across Scotland are enabled to express their needs for CLD provision.
- Community Planning Partnerships (CPPs), local authorities, and providers of public services more generally, respond appropriately to the expectations set by the CLD Strategic Guidance.

It seeks to do this by setting requirements on local authorities in relation to the auditing of need for CLD, consultation and planning. The consultation document - which presents the content of the draft SSI, explains its purpose in more detail and identifies key issues for comment - and the respondent form can be [downloaded here](#). Once the consultation is complete, the SSI will be signed by the Minister for Children and Young People and laid before Parliament at the end of May, with the SSI coming into force from 1st September 2013.

You can submit an individual response [using this online survey](#) set up by Education Scotland or submit an individual response using the respondent form. You can also use the presentation prepared by Education Scotland to support discussion and then submit an organisational response. For more information including the consultation presentation, [please visit the dedicated section of the Education Scotland website](#). The consultation closes on Friday 26th April.

Allotment Consultation

A consultation is being taken forward by the Scottish Government seeking to explore further the ways in which legislation relating to allotments may be amended. This consultation builds on the responses received to the Community Empowerment and Renewal Bill (CERB) last summer. The consultation launched on Monday 15th April and is taking place over a six week period, closing on Friday 24th May. The relevant

documents, including a response form, may be found by following this web link:
<http://www.scotland.gov.uk/Publications/2013/04/5940>

A number of engagement events have been arranged to allow people to find out more about the consultation and how this exercise fits into the wider work being taken forward on the CERB. Engagements events will be held on:

- Friday 3rd May at Great Glen House, Leachkin Road, Inverness IV3 8NW at 11:00h-13:00h;
- Tuesday 7th May at Atlantic Quay, 150 Broomielaw, Glasgow G2 8LU at 14:00h-16:00h; and
- Thursday 16th May at Saughton House, Broomhouse Drive, Edinburgh EH11 3XD at 14:00h-16:00h.

Should you wish to attend any of these events please email:
Allotmentconsultation2013@scotland.gsi.gov.uk at least 72 hours before the event to allow the necessary security arrangements to be made.

Health and Social Care Integration events

Inclusion Scotland and Scottish Disability Equality Forum are trying to influence the joining together of health and social care in Scotland and are asking disabled people to tell us what they want from it. The events are primarily for disabled people themselves, with 4 events throughout Scotland:

- Inverness: 25th April 2013 10.30am – 3.30pm at The Spectrum Centre, 1B Margaret Street, Inverness IV1 1LS
- Edinburgh: 7th May 2013 10.30am – 3.30pm at Norton Park Conference Centre, 57 Albion Road, Edinburgh EH7 5QY
- Glasgow: 14th May 2013 10.30am – 3.30pm at Touchbase (Sense Scotland) 43 Middlesex Street, Glasgow G41 1EE
- Dumfries: 21st May 2013 10.30am – 3.30pm at Cairndale Hotel, English Street, Dumfries DG1 2DF

Please come and learn more about what integration might mean to the services you receive and have your say on how this should happen. Participants will also hear the latest news about the integration of care that has already been happening in other parts of Scotland.

To register for a FREE place - contact Angela Marshall on angelam@inclusionScotland.org, Tel: 0141 221 7589. Please indicate if you have any additional support needs including access, communication support or dietary requirements when registering.

Call for key issues for Inverclyde Community Conference

The next Inverclyde Community Conference is on the 22nd May at the Beacon Arts Centre in Greenock. Snippets will provide booking details when available. For now, the conference wants to know what people in Inverclyde think are the big issues that local people, community groups and voluntary organisations can work together to respond to. At the last event key issues included services for older people, welfare reform, improving volunteering and getting more grant funding into Inverclyde. Email your thoughts to ian.bruce@cvsinverclyde.org.uk

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Publications

Case studies of community capacity building and coproduction with older people

The Scottish Government's Joint Improvement Team has published case studies of good practice examples of services that have taken a community capacity building and/or co-production approach to Reshaping Care for Older People. Each project benefitted from its local Reshaping Care for Older People Change Fund. Further case studies will be added in due course. [Click here to access the case studies](#)

For more on co-production go to the [Scottish Co-production Network website](#).

ResPublica call for a new social contract

This new report, published by ResPublica, argues for new socially-just neighbourhood approaches as an alternative to the current welfare/spending cuts and Big Society rhetoric of the UK Government. [Responsible Recovery: A social contract for local growth](#) has three main recommendations as part of this new approach. Well planned, affordable, housing is one, accompanied by co-produced local services and fairer employment policies. New models are welcomed such as participatory budgeting (read more about this [here](#)) and community deals.

Poor to get poorer through welfare reform

There's been quite a lot written around this already, some of which we've highlighted, and now the Scottish Parliament's [Welfare Reform Committee](#) has commissioned a report concluding that the most deprived areas in Scotland will take the biggest financial hit when the present welfare reforms come into effect.

The study, undertaken by the Centre for Regional Economic and Social Research at Sheffield Hallam University, has estimated that when fully implemented, the welfare reforms will take more than £1.6 billion a year out of the Scottish economy. This is equivalent to around £480 a year for every adult of working age in Scotland. In Glasgow, this rises to £650 a year.

Whilst the Scottish average is broadly on a par with the British average, this makes Glasgow second to only Birmingham within Britain in terms of financial loss. The research also details the number of households affected by each part of the welfare system and its impact. It shows that although Child Benefit changes affect the largest number of households, the largest financial impact is on those in receipt of incapacity benefits and Disability Living Allowance.

For the full story on the Scottish Parliament website, plus the link to the report, click [here](#).

Tobacco Control Strategy

The Scottish Government has issued its strategy for tobacco control, [Creating a Tobacco-Free Generation](#), setting out a 5 year plan for action across the key themes of health inequalities, prevention, protection and cessation. Key actions include: setting 2034 as a target date for reducing smoking prevalence to 5%; a pilot of the schools-based ASSIST programme; a requirement for smoke-free hospital grounds by March 2015; and a national marketing campaign on the dangers of second-hand smoke in cars and other enclosed spaces. In addition, it will provide the government's view on standardised packaging of tobacco products.

Interesting to note ASH Scotland's opinion on the strategy. ASH welcomes the strategy, and particularly welcomes the generational aim, the engagement with young people and target to reduce children's exposure and the commitment to standardised packaging. ASH states it is disappointed to see that the Commonwealth Games were not mentioned as it was calling for these to be smoke-free, and that there is no mention of legislation on smoking in vehicles.

From Fairy Tale to Reality: Dispelling the Myths around Citizen Engagement

This report from English-based organisation Involve, explores some of the debates and current thinking around public participation and engagement. It sets out to debunk what it sees as the main myths around citizen engagement, namely:

1. Engagement is too expensive
2. Citizens aren't up to it
3. Engagement only works for easy issues
4. Citizen power is a floodgate we should avoid at all costs
5. Citizens don't want to be involved, they just want good services

The report takes a welcome balanced approach. For instance, it accepts that many people aren't interested in getting involved but points out that there are also many who do but who are put off by unnecessary barriers, and that small groups often make a big difference anyway. The report is presented in an attractive medieval-looking font (think myths) which, unfortunately, is also quite difficult to read! We recommend taking a look anyway, and the pdf can be downloaded [here](#).

Local Authority Guidelines for Generations Working Together

The purpose of this resource from [Generations Working Together](#) is to provide local authorities, other agencies and projects with guidelines that clearly contextualise intergenerational practice (IP) in terms of Scottish national priorities. In particular, it establishes the relationship between IP and Scottish National Performance Framework (NPF) Strategic Objectives. This allows local authorities, other agencies and projects to align their outcomes with Scottish National Priorities. To order a copy of the guidelines [visit the webpage](#) on GWT's website, where contact details can be found.

Children's well-being in richer countries

UNICEF's latest Report Card compares child well-being in the world's richest countries. The report is a follow-up to Report Card 7, which in 2007 placed the UK at the bottom of 21 developed countries for overall child well-being.

Setting out the latest available overview of child well-being in 29 of the world's most advanced economies, this report puts the UK in 16th position, below Slovenia, the Czech Republic and Portugal. The UK's report card indicates high rates of teenage pregnancy, high numbers of young people out of education, employment and training. In addition, the UK has one of the highest alcohol abuse rates among 11-15 year olds, and was placed in the bottom third of the infant mortality league table.

- [Download Report Card 11](#)
- [Read UNICEF's policy recommendations](#)

UNICEF state that the situation facing young people in Britain is "expected to worsen" as a result of government policies, and it warns that "since 2010 the downgrading of youth policy and cuts to local government services are having a profound negative

effect on young people".

Making health services adolescent friendly

The WHO has produced a guidebook intended to help health providers make healthcare services more accessible to adolescents, with an understanding of the centrality of including adolescents in health services and the positive effects this can have for their lives from then on. Drawing upon international experience, it is also tailored to national epidemiological, social, cultural and economic realities, and provides guidance on identifying what actions need to be taken to assess whether appropriate quality standards have been achieved.

Although the guidebook is written with health service providers in mind, it can also be applied to third-sector and community organisations involved in improving health outcomes among adolescents. Click [here](#) to read the guidebook.

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Funding

Scottish Land Fund

This Big Lottery strand aims to empower communities and encourage them to become more sustainable through funding support to complete the purchase and initial development of land and land assets. Find out more [here](#).

The Active Places fund

With projects across Scotland securing funding to build play parks, upgrade walking trails and refurbish football pitches, grants of between £10,000 and £100,000 are still available. The closing date for the next round of applications will be on 1 July.

The Active Places fund is administered by sportscotland. To find out more and apply for the Legacy 2014 Active Places Fund, visit

www.sportscotland.org.uk/Activeplacesguidance

Healthy Hearts Grants

[Heart Research UK Healthy Heart Grants](#) of up to £10,000 are available to new and original projects that actively promote heart health in their community or group. Applications for the November round can be submitted during July and August with a closing date of 31 August.

Young start Fund

The Big Lottery's Young start Fund is actively looking for applications for its Connected fund (intergenerational) as applications up till now have either been low, or unsuccessful. Young Start is a grants programme that distributes money from dormant bank accounts. It aims to create opportunities for children and young people aged between 8 and 24 to help them realise their potential. See more at <http://www.biglotteryfund.org.uk/youngstartfund>

Foundation Scotland

Formerly the Scottish Community Foundation, Foundation Scotland has the same range of funding opportunities as it did under its former name! Visit the new website at <http://www.foundationscotland.org.uk/grants-and-funding-for-organisations.aspx>

for information on setting up a community benefit funds, express grants and larger grants.

Gift Aid

The Small Charitable Donation Act 2012 will be implemented by the UK Government from 6 April 2013, making the Gift Aid Small Charitable Donations Scheme a piece of law. This will allow eligible charities to claim Gift Aid style top-up payments on small cash donations without requiring the donor to provide a Gift Aid declaration. Please visit www.hmrc.gov.uk/news/gasds.htm for further information.

Quick Snapshot of BIG Lottery Funding

The Big Lottery has created a short presentation about its different funding programmes. It is available online by clicking [here](#)

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Events

Smart Recovery (Edinburgh)

These events are open to anyone who struggles with addiction. Come along to this supportive group meeting to learn tips and techniques to help you recover from any type of addictive behaviour. The classes run on Tuesdays, 1.30pm – 3pm, at Health All Round, 24 Westfield Avenue, EH11 2QH. Please arrive early if it's your first meeting, as staff are on hand from 1pm to register new participants. Contact: 0131 337 1376 or info@healthallround.org.uk.

For more on what's on at Health All Round in April and May download the brochure at <http://www.healthallround.org.uk/WhatsOnHealthAllRound.pdf>.

Meet tsiMORAY (Elgin)

Learn all about the crucial role of tsiMORAY, Moray's new Third Sector Interface, in supporting and promoting volunteering, community groups, voluntary organisations and social enterprises at this official launch event at 7.15pm Monday 22 April, Supper Rooms, Elgin Town Hall. Light refreshments will be available. For more information please call tsiMORAY on 01343 541713 or email: vam@voluntaryactionmoray.org.uk

Women and Disability Event (Edinburgh, Glasgow and Inverness)

Engender, Inclusion Scotland and Scottish Disability Equality Forum are working in partnership to host a series of events on Women and Disability. If you are a woman and have been affected by disability in your life, please come along to this FREE event on Thursday 9 May 2013, 11.00am – 3.00pm, at Norton Park Conference Centre, 57 Albion Road, Edinburgh EH7 5QY. Please note priority will be given to disabled people and organisations run by disabled people. Lunch will be included. To register for a FREE place contact: Catriona Kirkpatrick, info@engender.org.uk, 0131 558 9596. Please let Catriona know you are coming by Friday 26 April, indicating if you have any additional support needs including access, communication support or dietary requirements when registering.

If Edinburgh is too far for you to travel, we are holding the same event in Glasgow and Inverness. Contact Catriona for details.

Grandweek events (Glasgow)

As part of Glasgow Grandweek (Getting Real about Alcohol and Drugs), FASS and SEAL are putting on two drama productions. FASS will present “Chap at the Door” while members of SEAL will present “Bernie’s Holiday”. The events will also have speakers from family support groups, recovery networks and service providers in each area. Tea/coffee and breakfast rolls will be available. The dates are:

- Wednesday 8th May - Woodside Halls, 36 Glenfarg Street, Glasgow G20 7QF – 12 noon to 2.30pm
- Thursday 9th May – Pollokshaws Burgh Hall, 2025 Pollokshaws Road, Glasgow G43 1NE – 12 noon to 2.30pm
- Friday 10th May – Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW – 12 noon to 2.30pm

Transport available, limited seats. To book a place at any of these events, please Contact Brenda at FASS, on 0141 420 2050 or brenda@fassglasgow.org. See www.glasgowgrand.org for more on GRANDweek.

Engaging Communities around Food and Sustainability (West Linton)

This Feva Exchange Forum - Engaging Communities around Food and Sustainability – takes place on Tuesday 30 April 10.30-2.30 at Whitmuir Organics, Whitmuir Farm, West Linton, EH46 7BB. The event will be hosted by Pete Ritchie and Heather Anderson of Whitmuir Organic farm, and will include a presentation, tour of the farm, trails and polytunnels. You may also be involved in a practical task. The overall aim is to share ideas, ask questions and learn from a real example of good practice and creativity. This event is FREE and lunch will be provided. To find out more visit the FEVA website. To book a place please contact Tricia Burns: t.burden@tcv.org.uk

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Conferences and Seminars

The Children in Scotland Health & Wellbeing Conference (Edinburgh)

Join Eat Move Thrive on 14 May 2013 in Edinburgh to hear from experts across the sector and share your views on what can be done to make a positive difference to the health and wellbeing of children and young people. At Eat, Move, Thrive: The Children in Scotland Health & Wellbeing Conference, children in Scotland will debate the way forward with practitioners from health, education, early years, culture, sports, leisure, and community based projects. You will be able to hear from experts across the sector and find out what is working on the ground and making a difference to children's health, weight and activity levels. Find out more and book online at www.childreninscotland.org.uk/thrive or phone Alison on 0131 222 2405.

Shared Strengths event (Glasgow)

Starting the conversation and opening up possibilities takes place on Monday 13th May, 10.30 - 3.45, at The Albany Learning and Conference Centre, 44 Ashley Street, Glasgow G3 6DS. Shared Strengths is an informal network of people who recognise that some adults use self-harm as a means of coping.

The event aims to promote and maintain wellbeing, share and learn from each other and begin to have the difficult conversations with family, friends and service providers. There is more information about the event in the [flyer](#) and you can also find out more on Outside the Box's (one of the partners behind the event) website

www.otbds.org/sharedstrengths. If you would like to attend the event, please contact Nina Anker-Petersen by email nina@otbds.org or by telephone on 0141 419 0451.

Promoting Meaning Making and Resilience in Local Communities (Glasgow)

Promoting Meaning Making and Resilience in Local Communities is planned for the 23rd May 2013 at University of Glasgow (venue tbc) 10.00-4.00pm. This collaborative event run by the Theology and Religious Studies Department of the University of Glasgow and NHS Education for Scotland is for practitioners, academics and strategic leads with an interest in practical theology, public health, primary health and social care and health care chaplaincy. The aim of this interactive day is to explore the significance of resilience and individual and communal meaning-making, in promoting and sustaining well-being in local contexts. Speakers and group discussions will enable participants to engage with and reflect on:

- the significance of individual and collective meaning-making in peoples' lives to keep them well
- approaches in a variety of contexts which enhance resilience and meaning-making
- a fuller understanding of an assets based approach to delivering health and social care

The event is free – please contact Anne.Richardson@nes.scot.nhs.uk before 9th May with regard to booking.

South Lanarkshire Tackling Poverty Conference (Hamilton)

South Lanarkshire's 2nd Tackling Poverty conference is to be hosted by the Council on the 10th May, 9am to 1.30pm, at the Banqueting Hall, Council Offices, Almada Street, Hamilton. The first conference (2009) highlighted the importance of taking an early intervention approach to tackle poverty and disadvantage. Since then there has been a steady stream of national policy and research endorsing this preventative approach - acting earlier to prevent problems arising later. This follow up conference will therefore focus on Prevention and in particular how we can reduce poverty and local inequalities through preventative approaches.

The conference is aimed at Elected Members, senior officers from all Community Planning Partner organisations and representatives from relevant local and national bodies. Contact kenny.mackie@southlanarkshire.gov.uk to book a place.

Arthritis in Young People - the Patient Experience (Stirling)

On Wednesday 5 June, 2013, at Stirling Management Centre, Arthritis Care in Scotland will officially launch a special film compiled from interviews with young people living with arthritis, as well as parents, partners and carers. The young people involved will be presenting the film and afterwards will take part in a breakout session. Lunch will be provided so you can continue discussions with those present. It's now your opportunity to respond and 'Have Your Say'.

A clip of the film is available by following this link: <http://youtu.be/60ISyQ3YBd0>. Contact Maureen O'Reilly, Better Together Project Manager maureeno@arthritiscare.org.uk Tel: 07834 418451 or 0141 954 7776 for booking details.

Men's Shed Conference (Westhill, Aberdeen)

The unusual title of this one caught our attention, and it turns out to be very interesting! In conjunction with Age Scotland, Westhill Men's Shed is organising a

free all day national conference for people interested in setting up a Shed in their area. The day will include a visit to the Shed to meet the Sheddors with a Q&A session with a panel on how to set a Shed up. If you are interested in attending please contact Jill Sowden on 01467 628338 or email: Jill.Sowden@aberdeenshire.gsx.gov.uk.

From [Westhill Men's Shed website](#) – “Men's Sheds grew from the idea that men like spending time tinkering, repairing, and making things while socialising with others who have similar interests. Many too are interested in working on projects that will aid the community and be of use to other people. Often the experience to solve any problem is within a group of men but even just help to get started can be valuable. The Men shed idea started in Australia and has flourished there but we are starting the first Men's Shed in Scotland”

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Training

Social Return On Investment (Glasgow)

GCVS's sixth running of its Social Return On Investment evaluation development programme will be running this year from May to August at The Albany Learning and Conference Centre. The four day course (plus individual coaching) aims to develop world-class evaluation methods for your organisation. It will run on the following dates:

- Wednesday 22nd May 2013
- Thursday 20th June 2013
- Friday 21st June 2013
- Wednesday 28th August 2013

A Flexible Training Opportunities grant could cover almost 50% of the cost of this training. See more details online [here](#).

Influencing Politicians and Political Structures (Glasgow)

This CRER training event concentrates on building the foundations you need to communicate effectively with political decision makers. The training takes place on Wednesday 22nd May 2013, 10.30am – 4.30pm, at CRER, 78 Carlton Place, Glasgow G5 9TH and will:

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

This event is open to community campaigners, volunteers, staff and board members from voluntary and community sector organisations. No previous knowledge or experience is required.

Book your FREE place by completing the application form available [here](#). If the application form isn't suitable for you, please contact Nadia Rafiq at CRER to book: email nadia@crer.org.uk or telephone 0141 418 6530. Please remember to detail any dietary or accessibility requirements at the time of booking (including any mobility information). Closing date: Wednesday 15th May 2013.

Training Suite available (Glasgow)

Petal Support offers a Training Suite in the heart of Glasgow city centre holding up to 30 people. Prices start from £15 per hour or £160 for full day hire with generous discounts for registered charities and the voluntary sector. Catering and equipment hire are optional and additional. Petal also hires out small meeting/consulting rooms for £11.00 per hour which are used by individual practitioners, groups and organisations.

Petal is a small charity working with people all over Scotland who have been affected by Murder, Culpable Homicide and Suicide. It hires out the Training Suite and Consulting Rooms as a means to eventual self-sufficiency. Contact: Anne Rennie
Petal Support, Glasgow, Administration Manager, Tel : 0141 332 8855
arennie@petalsupport.com

Introduction to Legal Highs for Youth Workers (Lochgilphead)

Argyll & Bute Alcohol & Drug Partnership, NHS Highland and OASIS have developed a short introductory course on the topic of "Legal Highs" aimed at those currently working with young people across Argyll & Bute. The course will introduce some of the key facts about Legal Highs and will give staff a flavour of some of the main issues within this area of work. The training takes place on Wednesday 24th April 1pm – 4pm, Mid Argyll Hospital, Lochgilphead Room J07. To book a place or for more information or please contact Joyce Ackroyd at NHS Highland, email: joyce.ackroyd@nhs.net, Tel: 01436 655022. [View the flyer here.](#)

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Vacancies

Healthy n Happy posts (Cambuslang)

Healthy n Happy Community Development Trust is advertising the following posts:

- F/T Development Worker (£26,331) supporting the Trust to innovate and take risks in relation to working with young people, their communities and attitudes to alcohol. Closing date: 22 April 2013.

Application packs for the above post are available from Stan, stan@healthynhappy.org.uk, 0141 646 0123. Alternatively, download a pack from www.healthynhappy.org.uk. To discuss any of the roles further please contact Jane Churchill, number as above.

Development Worker x 2 (Dalkeith)

Midlothian Young People's Advice Service is looking for two part-time Development Workers (14 hours per week, £26,333 - £27,897 pro-rata) to work on the new Thinking Differently Group Project. The main aim of these posts is to prevent and reduce young people's alcohol use and increase their confidence and self-esteem through working with the project.

Midlothian Young Peoples Advice Service (MYPAS) promotes the health and wellbeing of young people across Midlothian and currently focuses on working in the areas of sexual health, mental health and substance use.

To apply, please call 0131 454 0757 or email enquiries@mypas.co.uk for an application pack. Alternatively all the associated documents can be found for download from the job advert on www.goodmoves.org.uk Closing date: 29 April 2013

Foundation Scotland posts (Edinburgh, Perthshire and Borders)

Foundation Scotland, the leading Scottish organisation in delivering philanthropy services for its clients, is looking for Community Programme Executives (2-3 days per week, £28,488 pro rata) based in Perthshire and the Scottish Borders, and a Head of Philanthropy Department (full-time, circa £50,000) based in Edinburgh. Please visit www.foundationscotland.org.uk for more information on these posts and how to apply. Closing dates: Community Programme Executive, 29 April 2013; Head of Philanthropy Department, 8 May 2013.

Communities Coordinator (Edinburgh)

Living Streets Scotland are looking for a dedicated and committed Communities Coordinator (full-time, £26,650 - £32,800) to work with community groups, local authorities and partners to create a better street environment and promote walking. An application pack is available for download from the job advert at www.goodmoves.org.uk Closing date: 29 April 2013

Citizens Advice Scotland (Edinburgh and Glasgow)

Citizens Advice Scotland is seeking a Campaign Officer in Edinburgh (28 hours per week, £24,815 pro rata) and a Community Action Officer (full-time, £24,153). The Campaign Officer will work with the community action team to support and empower the CAB locally for the benefit of the CAB, its clients and the local community. Campaigns activity at both local and national level is integral to developing the work of the CAB service to effect change and raise awareness within the community and nationally. The Community Action Officer will set up and deliver the Community Action Project and work with bureaux in the region to develop an effective model and infrastructure and assist bureaux to carry out a wide range of local social policy activities and campaigns.

For a job description and application form for both roles, call 0131 550 1000, email recruitment@cas.org.uk or visit www.cas.org.uk. Please quote the job reference: CO/JM or CAO/JM. Closing dates: 22 April 2013

Food Hub Activator (Glasgow)

North Glasgow Community Food Initiative is looking for a Food Hub Activator (full-time, £21,678) to work within low income communities experiencing benefit cuts and increasing food poverty. An application pack is available on the job advert at www.goodmoves.org.uk. Closing date: 22 April 2013

Family Learning and Development Worker (Musselburgh)

The Family Opportunities Programme is looking for a Family Learning and Development Worker (28 hours per week, £17,944 - £19,235 pro rata). This post supports the Family Opportunities Programme providing opportunities for personal development, learning and positive well-being for parents and carers through groups and classes. The post holder must have considerable experience of community development and group work and have worked in a community setting with families. A qualification at degree level in community education or equivalent is required but at least 2 years' experience of working in a family support/learning environment would be considered.

For an application pack call 0131 665 0848, email firststep1@btconnect.com or download all the necessary documents from the job advert on

www.goodmoves.org.uk Closing date: 2 May 2013

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Websites

Directory of services for over 50's in Dundee

Discover Age is a new online directory of services, activities and organisations for older people in Dundee. The directory contains everything from where to get information about benefits to community exercise projects information about lunch clubs and befriending schemes. It aims to help make signposting and referrals easier and to raise awareness about the breadth of services out there. There are a number of ways to search the directory, including by area, keyword, postcode and category.

You can access the database at www.dundeeccan.org.uk/database. Dundee Voluntary Gateway is currently producing publicity materials for the database. If you'd like copies please contact madelinerees@number10.org. If you have any feedback about the database or would like an entry added or amended contact Madeline on the e-mail address above.

Volunteers' rights, expenses and placements

This UK Government site gives information on how the law applies to you and what rights you have whilst volunteering. This could be in terms of paying expenses, working hours and other rights, and it may be useful to those who want to volunteer while receiving benefits. There is also a section for finding placements and links to other relevant sites. [Click here](#) to visit the site.

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