



Issue No 235, 13th June 2013

Hello, and welcome to issue 235 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/

Due to annual leave, the next issue of Snippets will be **3 weeks from today – Thursday 4th July 2013** so please send anything you would like to be included before Tuesday 2nd. 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 – ETF welcomes ‘No Evictions for Bedroom Tax’ policy

In each edition of Snippets we like to profile news from organisations which are part of the CHEX Network. In this issue, Edinburgh Tenants Federation (ETF) highlights its involvement in Edinburgh’s stand against the UK Government’s ‘Bedroom Tax’, and the adverse health impact the policy is having on tenants who remain unprotected.

“In Edinburgh, the Council has taken a ‘No Evictions for Bedroom Tax’ position for tenants who engage with the Council’s Director of Services for Communities about their rent and any difficulties in paying. This is a huge victory for Council tenants and for the Federation against a policy that is affecting the poorest and most vulnerable in our society.

We are delighted the Council has taken the lead in this way. Betty Stevenson, Convenor of ETF gave an impressive speech in her deputation in support of the ‘No Evictions for Bedroom Tax’ motion by the Council’s Coalition at the Policy and Strategy Committee on 16th April 2013.

The Federation is, however, concerned about Registered Social Landlords (RSL) tenants, who are offered no such protection. The Council has encouraged all RSLs in Edinburgh not to evict as a result of the Bedroom Tax, and the Federation will be actively supporting the recently re-established RSL tenants’ group of the Federation to take these concerns forward.

These welfare changes are having a dramatic impact on individuals’ health. Betty Stevenson commented that she had spoken to three tenants who had considered suicide because of their hardship. ETF held a Federation meeting to consider our next steps. Among other initiatives, the Federation will be meeting with MSPs at the Scottish Parliament and is exploring the legality of the reforms with Members of the European Parliament (MEPs). Under the European Charter of Fundamental Rights individuals have the right to “social and housing assistance to ensure a decent existence for all those who lack sufficient resources.” The current welfare reforms surely undermine those rights.

Every day, ETF is raising tenants’ concerns at meetings and online. At the recent Anti Bedroom Tax demonstration in Edinburgh, ETF’s Facebook account ‘reached’ over 19,000 people and added over 70 ‘likes’, which indicates how live this issue is for tenants.

To get involved with ETF on this issue, please contact the Federation office on 0131 475 2509 or email to info@edinburghtenants.org.uk.”

This item is an edited version of an article which featured in the May edition of Edinburgh Tenants Federation's ['Tenants Voice' newsletter](#). If you would like to have any aspect of your community-led health work featured in Snippets please get in touch. Email andrew@scdc.org.uk or phone 0141 222 4837.

More news from the Network - Lifelink community based stress services launch invite

CHEX Network member Lifelink has been commissioned by Glasgow City Community Health Partnership to provide Community based Stress Services across the North East, North West & South Sectors. Lifelink invites you to its Service Launch Events:

- in the North West Sector on: Wednesday 26th June between 2.30 & 4pm at The Heart of Scotstoun Community Centre 64 Balmoral Street, Glasgow, G14 OBL
- or in the North East Sector on: Friday 28th June between 2.30pm - 4pm at Crownpoint Sports Park 183 Crownpoint Road, Glasgow, G40 2AL
- or in the South Sector on: Thursday 4th July between 2.30pm - 4pm at Queen's Park Church Conference Hall 170 Queen's Drive, Glasgow, G42 8QZ

At the events you can:

- Find out about the range of community based stress services Lifelink will deliver at venues in your area
- Learn about our service model and watch film footage of client accounts of service benefits
- Get the facts about our referral processes
- Receive our new promotional packs & stands
- Network with other health professionals and service providers in your area

To confirm your attendance at any of these launch events, or for more information email info@lifelink.org.uk or tel. 0141 552 4434. View the above info and more contact details on the [event flyer](#).

Lifelink provides a number of services and centres in various locations throughout the Glasgow area, helping to improve the emotional, mental and physical wellbeing of people of all ages. See <http://www.lifelink.org.uk/>

Making Scotland Better event report now available

The report from CHEX's 'Making Scotland Better' event is now available. The event demonstrated that community-led health organisations are achieving change, but we need many more of them! It is clear that when and where community-led health is integral to health improvement processes and activity, good health outcomes for the wider community are more achievable and sustainable.

The presentations showed the value and impact of community-led health in effective partnership working, and the discussions generated ideas and suggestions to get round problems, scale-up approaches and invest in partnerships working. The 'influence circles' captured what individual participants are committed to doing in the delivery of their own work programme and in collaboration with others.

However, it also clear that despite the history and impact, the on-going challenge to invest in community-led health organisations and this approach is imperative. We were reminded from colleagues in the public sector that there remains a vacuum of knowledge and understanding about what community-led health organisations can do

and contribute. Advocates must find new routes into policy and practice to raise awareness and develop dialogue across different organisational, cultural and geographical boundaries. While building on tried and tested routes of sharing lessons through case studies and other forms of evidence, much more is required to convince policy makers and local planners to shift resources towards community-led health, up-skill the public sector workforce in methods and approaches and work with community-led health organisations as equal partners in strategic planning as well as operational delivery.

CHEX points out that we currently have the following resources and opportunities to exploit:

- We have tools and resources to help use.g. Community-led Health for All: Learning Resource
<http://www.chex.org.uk/media/resources/publications/Community-led%20for%20All%20final%20web.pdf>.
- We have new opportunities to develop this work with our third sector and public sector partners at strategic levels through Community Planning Partnerships and Integration of Health and Social Partnerships e.g. use of the 'Engagement Matrix'
http://www.chex.org.uk/media/resources/publications/briefings/Engagement_Matrix_finished_WEB_version_VHS_110213.pdf.
- We have a national policy arena that aspires to community organisations coproducing services with health professionals <http://www.scotland.gov.uk/Topics/Government/PublicServiceRef orm>.

But, if community-led health is to play its full part, the dialogue and partnership working must influence structural decision-making to:

- Address organisational and cultural resistance
- Build the necessary leadership that is committed to this way of working
- Realign the resources to fully invest in this way of working

CHEX will highlight the key findings from the Event in national and local policy and practice arenas. We hope that participants are successful in taking forward the individual and collaborative actions they prioritised as part of the event's 'Influence Circles' – we would welcome any feedback on this. Contact Janet Muir on 0141 248 1924 or email janet@scdc.org.uk.

[Download the Making Scotland Better report \(pdf\)](#)

HIIC National Conference

CHEX's HIIC (Health Issues in the Community) National Conference will take place on Thursday, 20th June 2013 in Pollokshields Burgh Hall, Glasgow.

The conference, which welcomes registered HIIC Tutors and students to celebrate HIIC achievements and share learning. The theme of this year's conference is "Changing Lives – Changing Communities".

This year we are extending our invitation to some of our partner organisations, to hear about how community development approaches to health improvement can have a lasting impact at both individual and wider community level through this course. As such, we have freed up a small number of places and would be delighted if you or one of your colleagues would be able to join us for this event. Community

members are also very welcome to attend. If you would like to find out more about HIIC, you can read [our report](#) which highlights HIIC's contribution to national and local outcomes.

If you would like to attend, please register at the following link.
<https://www.surveymonkey.com/s/HIICConference2013>

Health Issues in the Community, or HIIC, is a training programme aimed at increasing community capacity, increasing community participation, and establishing/consolidating community development approaches to tackling inequalities in health. Find out more on the [CHEX website](#).

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General Information

Realignment of health boards with local authorities

Health board boundaries will be aligned with local authority areas to help ensure older people can receive the care they need at home, the Scottish Government has announced. Health Secretary Alex Neil revealed that catchment areas for health boards will be realigned with council boundaries, to help them work closer together in the provision of care in the local community.

The announcement comes the week after a new bill designed to ensure that the health and social care systems work together effectively to improve the provision of care in our communities was published.

As reported in last week's Snippets, the Bill to integrate adult health and social care in Scotland is available now on the Scottish Parliament website. The [Public Bodies \(Joint Working\) \(Scotland\) Bill](#) provides the framework which will facilitate the integration of local authority services with health services and is aimed at supporting the improvement of the quality and consistency of health and social care services in Scotland. The Bill along with explanatory notes and other documents is available on the [Scottish Parliament website](#).

There are concerns around the bill from some in the third sector that the bill has not taken the opportunity to involve service users, their families and third sector organisations in the process of integration. See the view of the [Health and Social Care Alliance Scotland](#), for instance. CHEX would add that community-led health organisations should also be equal partners as they are often working at the focal point between health and care services.

Land Reform news

The Scottish Government has announced that one million acres of land in Scotland will be placed under local control by 2020 under a new target to help the empowerment and renewal of communities across the country. The announcement came in the wake of the publication of the [interim findings](#) of the Scottish Government's Land Reform Review group.

The shift in ownership, which will see community land in Scotland double from its current level, will be achieved by streamlining and improving the current community right-to-buy scheme, with proposals for a new Community Empowerment and

Renewal Bill to be brought forward later this year.

It has also been confirmed today that an additional £3 million is being made available to the Scottish Land Fund for 2015-16 to enable more communities to consider buy-outs. This will ensure funding is in place for communities about to embark on the community buy-out process.

[Find out more about the Scottish Government's Land Reform Review Group](#)

Call for partnership tackling prostate cancer

Prostate Cancer UK is implementing a programme of Community Support Services across Scotland, aiming to improve survivorship services for men and their families affected by prostate cancer.

It is looking to work in partnership with organisations who may be able to provide local services to men and their families across a variety of topic areas that we know are important issues for our men. These topic areas include but are not limited to: Fatigue, Pain management, Sexual Dysfunction, Anxiety, nutrition, physical activity, continence management, social support, carers support, relationships, and other health and social care providers in general.

Community-led health organisations and other members/colleagues of CHEX may have some interest/involvement in the topic areas listed. If so, please contact Craig Millar, Community Support Services Manager, Prostate Cancer UK, 0141 314 0050, craig.millar@prostatecanceruk.org.

Paths for All National Volunteer Awards 2013

Paths for All Say are offering community groups the chance to say "thank you" to their fantastic volunteers and Volunteer Manager by entering them into [PFA's National Volunteer Awards](#). All nominees will receive a certificate acknowledging their outstanding contribution. The categories are:

- Workplace Volunteer of the Year
- Health Walk Volunteer of the Year
- Volunteer Manager of the Year
- Community Path Volunteer of the Year

The awards will be presented at a Parliamentary event in Edinburgh later in the year. All nominees and winners will be invited. Winners will be presented with a certificate, voucher and commemorative gift. The winning projects volunteers' will receive £250.

[Paths for All](#) is a partnership of organisations committed to promoting walking for health and the development of multi-use path networks in Scotland. Quite a few local Paths for All projects are signed up to the [CHEX Community-led Health database](#).

SCDC submission to Delivery of Regeneration inquiry

The submission of CHEX parent organisation, the Scottish Community Development Centre (SCDC), to the Local Government and Regeneration Committee's inquiry on the Delivery of Regeneration in Scotland has been published on [the inquiry webpage](#) along with other responses.

SCDC's overarching message is that the focus of regeneration activity should be on localities experiencing extreme disadvantage and issues of social justice and inequality, as defined by the [Scottish Government's Regeneration Strategy](#), which

states: “Regeneration is the holistic process of reversing the economic, physical and social decline of places where market forces alone won’t suffice.”

News from other networks

CHEX has found the following e-bulletins interesting over the last fortnight:

- Glasgow Centre for Population Health’s [May e-bulletin](#) contains news on GCPH’s Understanding Glasgow films, featured previously in Snippets as well as links to material from the organisation’s inaugural symposium.
- The Poverty Alliance’s [latest e-bulletin](#) has links to new briefings from its EPIC participation project as well as news on free workshops on myths about poverty for community groups.
- [Local People Leading](#), from the Scottish Community Alliance, contains views on asset transfer controversies in Leith, the Scottish Government’s regeneration strategy funding, how local papers have been affected by the Leveson enquiry and land reform.
- SCVO’s [#takingiton](#) e-bulletin has all the latest updates and opinions on welfare reform and its impact in Scotland.

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Campaigns

Still waiting

We’ve featured Age Scotland’s [Still Waiting](#) campaign for a better bus pass scheme before, but worth highlighting again. Age Scotland states that the bus pass has been of huge benefit to older people, but add that it is only of value where a suitable bus service is available. The organisation calls for the Scottish Government to adjust the scheme so that it includes community transport providers – the local organisations that step in to provide transport for otherwise isolated older people, in circumstances where commercial bus companies say they can’t turn a profit. If you visit the campaign website you can find out more about the campaign and how to support it.

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Consultations and Surveys

Research Study: Carer’s Experience with Forensic Health Services

Support in Mind Scotland and the Forensic Services Network have commissioned an independent evaluation of carers’ experiences within the forensic services. The study is across Scotland and is hoping to reach as many carers as possible through surveys and interviews. The project aims to provide information on services that have helped carers supporting someone using forensic health services, as well as what needs changing.

If you or someone you know or you work with are a carer and might be interested in taking part you can complete the survey on line by following this link:

<https://www.surveymonkey.com/s/SIMFC>

Or to obtain a paper copy or find out more / discuss taking part in the interviews

contact Julie Ridley: Tel: 01772 893402 or email Jridley1@uclan.ac.uk.

Summer Cabinet 2013

The Scottish Government's summer cabinet programme, which sees Scottish ministers meet in venues the length and breadth of Scotland, will continue into its sixth year with events in Shetland, Hawick, Campbeltown and Fraserburgh.

This offers the opportunity for people in local communities to engage with the Government ministers at the top rank of Scottish Government and to raise issues important to them. The 2013 schedule is:

- 24 - 25 July – Shetland
- 20 - 21 August – Hawick
- 27 - 28 August – Campbeltown
- 1 – 2 September – Fraserburgh

For full information: <http://www.scotland.gov.uk/News/Releases/2013/04/summer-cabinet-2013-schedule-announced23042013>

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Publications

Social Enterprise and Health case studies

SENSCOT has published a set of case studies into social enterprise and health as part of their participation in the Scotland's Social Enterprise and Health Roundtable. The case studies are examples of health-focused Social Enterprise Network members who have worked in partnership with the NHS to deliver community-led health initiatives. Each enterprise represents and/or responds to their community to bring better health and prosperity to their community using an [assets based approach](#).

Included in the case studies are CHEX Network member Healthy n Happy in Cambuslang. SENSCOT highlights the diversity of the examples showing how the spectrum of services which have a positive impact on health are wide and varied. Despite this diversity, they all demonstrate how focusing on assets rather than perceived deficits can be successful in improving health and wellbeing.

[View the case studies here](#). SENSCOT is keen to do more case studies in the future and is currently looking at those social enterprises who are working within early years, particularly ones using the GIRFEC framework. If that is you or you know a social enterprise who does deliver childcare/parent services, please get in touch. For more information regarding getting involved and on the Health Roundtable or Health SEN, please contact Danielle Trudeau at SENSCOT on 0131 220 4104 or email Danielle@senscot.net.

Oxfam and Church Action on Poverty briefing paper on food poverty in the UK
Church Action on Poverty and Oxfam have released a joint briefing paper, [Walking the Breadline: the scandal of food poverty in 21st century Britain](#), highlighting the shocking rise in food poverty in the UK – the report estimates that at least 500,000 are now reliant on food aid.

The paper argues that the increase in the number of people needing food parcels – the Trussell Trust fed more than double the people it had expected to feed last year – shows that the social safety net is failing. Up to half of all people turning to food banks, the briefing continues, are doing so as a direct result of having benefit payments delayed, reduced, or withdrawn altogether. All this is happening while wealthy individuals and companies avoid and evade taxes.

Church Action on Poverty and Oxfam are calling on the government to conduct an urgent inquiry into the relationship between benefit delays, errors or sanctions, as well as welfare reform changes, and the growth of food poverty. To support this campaign visit the [Church Action on Poverty website](#)

Poverty, participation and choice

Quite a lot of interesting reports on poverty and health this week in addition to the above one. This report from the Joseph Rountree Foundation (JRF) investigates the effect of poverty on people's ability to be full members of modern society.

The report argues that participation in society can be measured in terms of social relationships, membership of organisations, trust in other people, ownership of possessions and purchase of services, all of which were lower among people with low incomes. Read more, and download the full report, [here](#).

The importance of young people's health within the life course

NHS Health Scotland has a few recent publications relating to young people's health and their life course available in its publications library. This one builds on the well evidenced fact that the early years are of crucial importance to an individual's future life chances, and highlights the importance of sustaining effective, evidence-based interventions beyond the early years. [Click here](#) to download the report.

Poverty, parenting and poor health

Building on evidence that early years and childhood experiences can have profound and long-lasting consequences for health and wellbeing in later life, this report from Glasgow Centre for Population Health compares childhood experiences in Scotland and England and, in particular, the three 'city regions' of Merseyside, Greater Manchester and Glasgow and the Clyde Valley.

It has been suggested that differences in such experiences may explain, or partly explain, the high levels of 'excess' mortality seen in Scotland (and especially in Glasgow and West Central Scotland) compared with other parts of the UK. However, the research concludes cautiously that differences in terms of parenting skills (and in terms of poverty levels) are very hard to establish. On most measures, this study records little significant difference.

This descriptive analyses form the first phase of research using these data. Further work will extend the analyses to examine, and quantify, longitudinal associations between childhood and early years' experiences and adult morbidity and mortality in Scotland, England and the three regions. See more on the [GCPH website](#)

New book by Eczema Outreach Scotland lets children and their families tell their own stories about living with eczema

Drawings and stories from young scots with eczema and their families are being used in a unique book to highlight the struggles and hopes the skin condition can bring.

The scrapbook '*Living with Eczema: our Stories*' is the first publication gathering

stories from families of children with severe eczema in Scotland. It is the end result of a project started with families member of Eczema Outreach Scotland at the end of 2012 when they were asked to share their thoughts and tips about eczema. The purpose of the scrapbook is to help people gain a better understanding of life with eczema.

Eczema Outreach Scotland provides support, practical advice and networking opportunities to families of children and young people suffering from the condition in Scotland. Families can join for free on www.eczemaoutreachscotland.org.uk. To download the book or order a copy, visit the website's news section www.eczemaoutreachscotland/news. [Click here](#) for coverage of the resource in the Scottish Sun newspaper.

Free Digital Online Journal: Scottish Justice Matters

The Scottish Consortium on Crime and Criminal Justice is pleased to announce that the launch issue of Scottish Justice Matters is now online at www.scottishjusticematters.com/the-journal/issue-1-1-june-2013/.

Free downloads are also available on [HP MagCloud](#) from where you may also order a colour print copy (approximately £2 of the print price will come to the Consortium to support the journal project).

Scottish Justice Matters is a Consortium (SCCCJ) project. For more visit <http://www.scccj.org.uk/>

New community food growing toolkit from greenspace

A new toolkit from greenspace scotland aims to help people across Scotland find new, exciting and unusual places to grow fruit and veg in their villages, towns and cities.

The Our Growing Community pack includes a big poster which helps you find places in your area which could be used for community growing and grow-your-own. It highlights over 20 places from railway stations and high streets to school grounds and parks. The pack then helps you find out what types of community growing would work best in each place - from familiar allotments and community gardens to edible borders in park flower beds and street orchards to more unusual forms of growing like roof gardens and green walls. Individual guidance notes point you in the right direction to get started.

The production of the Our Growing Community pack was led by greenspace scotland with funding support from Scottish Government, Scottish Natural Heritage (SNH) and the Royal Caledonian Horticultural Society.

The Our Growing Community toolkit can be accessed as an e-resource from the greenspace scotland [website](#).

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Funding

Awards for All Scotland

The Big Lottery Fund's [Awards for All](#) is a quick and easy way to get small Lottery grants of between £500 and £10,000. The programme aims to help people become actively involved in projects that bring about change in their local community. This could be through a wide range of community, arts, sports, health, education and environmental activities. There are no deadlines and applications can be submitted at any time.

Regeneration Capital Grant Fund

The Scottish Government's Regeneration Capital Grant Fund is a £25m fund to help transform disadvantaged areas. From 2014/2015 it will support projects by providing grant support for new and or improved infrastructure to enhance the economic, social and physical environment of communities.

Applications to the fund are now being requested. Interested organisations can download the application form and associated guidance from the [Scottish Government website](#). Completed applications must be returned by 5pm, Friday 28 June 2013.

Grow Wild funding

The first stage in the Grow Wild campaign is a call for people to nominate unloved or neglected sites, particularly in urban areas, throughout the UK for a Grow Wild makeover. The winning sites will each receive a £100,000 to create an inspiring space using UK native plants for everyone to enjoy for years to come. An example of a project to benefit from Grow Wild is the improvements to the Innertube path network in North Edinburgh & Shotts Nature Park. Youth Scotland is also supporting Grow Wild and seed kits are being tested by young people in locations ranging from Active Arbriachan in the Highlands to Reidvale Neighbourhood Centre in the East End of Glasgow. Nominations can be made via the [Grow Wild website](#)

People's Health Trust – Active Communities

Local groups and organisations with great ideas to make their communities even better places to live are now invited to apply for funding to turn their ideas into reality.

People's Health Trust has opened Active Communities in 31 areas across Britain including “mid Scotland and Fife” and the Highlands and Islands.

Active Communities is a funding programme for community groups and not-for-profit organisations with an income of less than £350,000 a year that are seeking investment of between £5,000 and £25,000 a year, for projects lasting up to two years. The projects should take place within a small area for a small group of people such as 20 or 30 streets or a couple of villages. [See more here](#).

Community Food Fund

The Community Food Fund is financed by The Scottish Government and has been created to promote local food and drink across Scotland. The Community Food Fund will focus on two main outcomes:

- Supporting development of food trails and networks
- Establish local food and drink event, including farmers' markets, that celebrate and promote food and drink throughout the year

The application process will take place on a quarterly basis. The first application will be open from the 3rd June until the 28th June 2013. To find out how to apply for up to £25,000, [click here](#).

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Events

Celebration of Fathers Day (Edinburgh)

Fathers Network Scotland invites everyone to an informal celebration of Fathers Day. The event will allow you to:

- hear the highlights of FNS's recent report on fathers services and needs
- celebrate the launch of Dr. Gary Clapton's book on positive social work with fathers
- listen to contributions from Parenting Across Scotland and others
- meet others involved in doing better for fathers, children and their families.

The event will take place at Hemma Bar, 75 Holyrood Road, Edinburgh EH8 8AE, 12-2pm on Mon 17 June. Refreshments will be provided. Email info@fathersnetworkscotland.org.uk to book a place. See www.fathersnetworkscotland.org.uk for more on FNS.

SWC Roadshow Program 2013 Girls (Eyemouth, Haddington and Greenock)

The Scottish Women's Convention will be hosting the following roadshow events in July:

- Tuesday 2nd July, The Ship Hotel, Harbour Road, Eyemouth, 11.30am – 2.30pm
- Wednesday 3rd July, Bridge Centre, Haddington, 11.30am - 2.30pm
- Greenock, Tuesday 9th of July, The Tontine Hotel, Greenock, 11.30am - 2.30pm

There will also be a roadshow in Livingston on the 17th September, with the venue to be confirmed. If you would like to attend these roadshows or you would like more information please email mary.kerr@scottishwomensconvention.org/.

Centre for Confidence and Well-being events (Edinburgh and Glasgow)

The Centre for Confidence and Well-being has arranged the following events in relation to its Postcards from Scotland series:

- Monday 17th of June, Friends Meeting House, 38 Elmbank Street, Glasgow, 5.30-7.00
- Wednesday 19th of June, the Glad Cafe, 10006A Pollokshaws Road, Glasgow, 7.30-9.00
- Tuesday 25th of June at the Open University, 10 Drumsheugh Gardens, Edinburgh EH3, 5.30-7.30

The first two events are an opportunity to hear Mike Small talk about the fourth book in the series, Scotland's Local Food Revolution. The third event is the first in Edinburgh on Postcards from Scotland. It is a general introduction to the series and is an opportunity to listen to the authors who have been involved in the first four books. Find out more including how to book on the [Centre's website](#).

Community growing networking event (Inverness)

Grow the Future - Community Growing in the Highlands, at Highland Council

Chambers, Inverness, on 21 June, will include presentations from a range of community growing projects and workshops from people involved with Transition Black Isle, Moffat CAN and Glachbeg Education Croft. Community Woodland Association, Trellis and the FCFCG will contribute to the wider picture of community growing throughout Scotland. Pre-booking is required, please book online [here](#).

Trellis network meeting (Penicuik)

This Trellis network meeting is open to anyone interested and/or active in community or therapeutic gardening projects in Midlothian and East Lothian and includes:

- updates from Edinburgh & Lothians Greenspace Trust, FCFCG and Trellis (supporting therapeutic gardening in Scotland)
- a focus on issues arising from the running of projects in our area
- showcase work from some community garden projects in the Mid and East Lothian areas
- a site visit to The Lost Garden of Penicuik <http://www.penicuikcdt.org.uk/garden/lost-garden> where they are concentrating upon producing locally grown produce
- an introduction to user-friendly biological recording surveys for some of our native species.

Date and venue: Tuesday 18 June 2013, Penicuik Arts Centre, 4 West Street, Penicuik EH26 9DL. Please bring your own lunch or support the Penicuik Arts Centre community café. This is a free event but pre-booking is required, book online [here](#).

Parliament Day (Stirling)

The next Parliament Day will take place in Stirling on 21 June. Parliament Days are designed to give people across Scotland an insight into the work of the Parliament and its politicians.

Parliament Day Stirling will see the Deputy Presiding Officer, Elaine Smith MSP, visit a number of community organisations across the Stirling area. For instance, she will visit the children at Red Kite Nursery in Doune and volunteers at Start Up Stirling Crisis Food Bank in her whistle stop tour of the local community in Stirling. See the full [Scottish Government news release](#) for more information.

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Conferences and Seminars

Towards a generation free from tobacco (Edinburgh)

Taking place on Thursday 20 and Friday 21 June 2013 at John McIntyre Conference Centre, Edinburgh, this interactive international conference will look at the ideas and actions that will drive us towards a generation free from tobacco – a time when ideally the only people smoking would be the small number of adults who knowingly choose to do so. It asks:

- What further steps must we take to cut off tobacco industry marketing?
- How can we tackle the lingering appeal to young people, and put tobacco firmly out of fashion?
- What must we do to create an environment that makes tobacco-free the

- norm?
- How can we reflect the addictive nature of tobacco and provide flexible support to those for whom quitting is especially difficult?

[Click here](#) to see the conference webpage and book a place.

As part of the seminar, free places are available for an *Ethnicity, race and migrant health in relation to tobacco* summit exploring questions around whether or not race, ethnicity or the country a person has migrated from matter when addressing tobacco consumption. By registering to attend the summit you will be offered access to the rest of the conference that day including the plenary sessions, and have access to visit the exhibition stands and poster presentations that may be of interest.

To register for a place please contact Jennifer Black (Information and Communications Admin Coordinator) JBlack@ashscotland.org.uk or 0131 220 9462, providing your name organisation and contact details. ASH will then follow-up with further information.

The Vision for Older People's Care in Glasgow City (Glasgow)

NHS Greater Glasgow and Clyde, Glasgow City Council, Scottish Care and Glasgow Council for the Voluntary Sector (GCVS) have jointly drawn up a plan setting out proposals to develop services in partnership over the next three years to achieve their joint vision for Glasgow to be a great place for people to live and grow old in safely and healthily.

Social Care Ideas Factory is now hosting a discussion morning, on Wednesday 19th June 2013, 9.30am-12noon, at Scottish Youth Theatre, Glasgow, aimed at Third Sector providers who deliver older peoples services across the city. By attending you will:

- hear more about the Draft Glasgow Joint Commissioning Plan for Older People;
- understand the context, vision, feedback from older citizens and proposed commissioning changes laid out in the plan;
- be able to say what you think by contributing essential feedback, ideas and views on the proposals set out in the plan.

Book your free place: <http://www.eventbrite.co.uk/event/7035600671>

Scottish smoking cessation conference (Perth)

Scottish Smoking Cessation Conference, at Perth Concert Hall on 19th November, is a free learning event in partnership with NHS Health Scotland and ASH Scotland. It aims to provide a motivating and inspiring day for those working in the field of tobacco, sharing good practice and debating some of the key challenges and solutions in continuing to reduce smoking throughout Scotland. A presentation from Sir Harry Burns and the findings from the national smoking cessation review are confirmed. A full programme will become available when registration opens in September. Read more in the [Scottish Tobacco Control Alliance e-bulletin](#).

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Training

Introduction to campaigning workshop (Falkirk)

The Sheila McKechnie Foundation (www.smk.org.uk) will be running an 'Introduction to Campaigning' workshop on Friday 21st June in Falkirk. The workshop will take place at Hotel Cladhan, Kemper Avenue, Falkirk, Stirlingshire FK1 1UF ([See map](#)).

The speakers will be: Harmit Kambo, Learning & Development Manager, SMK (facilitator); [Anne McGuire, MP for Stirling](#); and Jill Buchanan, Chief Reporter/Business Editor, [The Falkirk Herald](#).

Participants should already be involved at a basic level of campaigning or just about to get started - whether you are challenging local authority social care changes or protesting about climate change - if you want information and advice about the next steps, then this campaign workshop could be for you.

Participants are required to pay a small fee of £10 to attend. However, if there is a reason you are unable to pay this amount, please email [Aura Lehtonen](#) prior to the workshop, briefly explaining your circumstances. To find out more and to download a registration form, visit www.smk.org.uk/campaign-workshops.

Easy information (Glasgow)

This practical one day course from Scottish Consortium for Learning Disability goes through all the steps involved in creating easy to understand information.

You will learn:

- What accessible information is and why we need it.
- How to involve your audience when creating accessible information.
- How to format easy to read information.
- How to use words, pictures and photos in easy to understand information.
- What resources are available to help you make your own easy to understand information.

The course takes place on Tuesday 30th July 2013, 10.00 – 4.00, Merchant Exchange, Glasgow. Cost: £110 per person. To book email: john.s@sclcd.co.uk or call John Somerville at SCLD on 0141 559 5732

Encouraging gardening activities in people with dementia (Perth)

Growing Inspiration - encouraging gardening activities in people with dementia is part of Trellis's Training Programme for 2013. Taking place on Wednesday 26th June 2013 10.00 – 4.00pm at The Walled Garden, Perth PH2 7BH, this training is suitable for anyone who wants to extend their knowledge in order to encourage those with dementia to garden. For more information [click here](#). Please send your [booking forms](#) by 17th June 2013.

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Vacancies

Development Worker – Volunteering (Edinburgh and Midlothian)

Health in Mind is looking for a Development Worker in Volunteering (Salary: £22,332 pro-rata, 29 hours/week). This role has both a strategic and an operational remit, across two sites:

- to lead the development, planning, co-ordination and implementation of Health in Mind's organisational volunteer programme (2 days/week);
- to be responsible for the management and development of the Orchard Centre Services volunteer service (2 days/week).

Enquiries further to reading the information pack: please contact Wendy Bates on 0131 225 8508 or Gaynor McTighe on 0131 663 1616. For an application pack please visit www.health-in-mind.org.uk or contact Annmarie Mitchell, HR/Admin Assistant on 0131 225 8508 or e-mail annmarie@health-in-mind.org.uk. Closing date: 18 June 2013. Interview date: Thursday 27th June.

Centre Manager (Glasgow)

Calton Heritage & Learning Centre is advertising this two years fixed term, full-time, position (35 hours per week, £28,000 per annum). The post involves:

- managing Calton Heritage & Learning Centre and its operations;
- supervising staff;
- securing required commercial bookings to ensure viability of the centre;
- co-ordinating the day-to-day operations and activities;
- servicing the Board of Directors;
- supporting and managing volunteers;
- handling relationships with the public and local community;
- marketing the centre to target sectors and audiences.

For an application pack please contact diane@evh.org.uk telephone 0141 352 7445 or download from the EVH website www.evh.org.uk. The closing date for applications is Thursday 20th June 2013 at 12 noon. Interviews for the post will be held on Wednesday 3rd July 2013.

CVS Recruitment (Inverclyde)

CVS Inverclyde is currently seeking applications for two temporary (1 year) posts working with the organisation, both at £21k per annum (pro rata).

A new Older People's Services Officer will work with third sector organisations that provide services to older people to help them understand and influence the Reshaping Care for Older People (Change Fund) programme which is funding the post.

A new Funding & Sustainability Officer has a vital role in supporting third sector organisations to develop strong applications to bring funding into Inverclyde. This post is funded from CVS' reserves.

The posts are nominally for 21 and 35 hours per week respectively; however in line with CVS' flexible working policy individuals who would prefer to work fewer hours per week are welcome to apply on a reduced hours or job share basis. For an application pack please e-mail admin@cvsinverclyde.org.uk.

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Websites

NHS inform enhances service for people with mental health conditions

NHS inform, Scotland's national health information service, contains a useful section to support people who have been diagnosed with a mental health condition understand the information that they will need to take on board both about their prognosis and its treatment.

The Mental Health and Wellbeing Zone is designed to increase understanding a of a wide range of topics by providing high-quality, trustworthy information on different aspects of mental health and wellbeing. A key element of this is understanding the treatment of mental health conditions and the types of medications that are available. The Zone has now been fully updated to offer this additional information to patients.

By Clicking on the link at <http://www.nhsinform.co.uk/MentalHealth> people will be guided them through all aspects of medication use – what the medicine is, what it's used to treat, how to use it, and possible side effects.

The Spirit Level documentary

In [Snippets 233](#) we featured a call for participants in a film about the Spirit Level. The Spirit Level is a book by Richard Wilkinson and Kate Pickett which compares health and wellbeing of more unequal wealthy countries such as the US and Britain with more equal wealthy societies such as Sweden and Japan. The latter, it argues, have lower levels of physical and mental ill health as well as crime although, curiously, they also have higher suicide rates. See [this review](#) in the Guardian for an introduction.

What we didn't say was that there is also a website for the documentary which has background information on the Spirit Level, film footage, blogs and information on supporting the project. [Click here](#) to visit the website.

As a reminder, the filmmakers are specifically looking to talk to families who might be interested in participating in the project. If this is something that might be of interest to any of the communities you work with the contact details are as follows: Katharine Round, Producer/Director, Dartmouth Films, 020 7845 5853, katharine@dartmouthfilms.com, www.dartmouthfilms.com

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