



Issue No 239, 15th August 2013

Hello, and welcome to issue 239 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 29th August 2013** so please send anything you would like to be included before Tuesday 27th. 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 – Lifelink launches Stress Services for Adults

In each edition of Snippets we like to profile some news from organisations which are part of the CHEX Network. For this issue, Lifelink in North Glasgow told us about its new community based stress services for adults in some of Glasgow's most disadvantaged communities.

Lifelink, the trading name for Royston Stress Centre Ltd, recently launched its new Community based Stress Services across the city. Commissioned by the Glasgow City Community Health Partnership (GCCHP), the charity, which was established in 1992, held 3 separate launch events in each of the Glasgow City CHP areas with the aim of promoting further engagement with statutory and voluntary health service providers and local voluntary service providers, so that they in turn had a clear understanding of who to and how to support people into Lifelink's services. Over 150 participants attended the events and were introduced to the new range of Lifelink's services, its extended community bases, the different options for supporting people into the service through referral processes, and the service model and approach to the delivery of its services.

The new community based stress services have been established to:

- target adults over 16 in the most deprived communities along with groups experiencing significant social and health issues
- complement the work of the Glasgow City's CHP staff and many other partners, specifically the Health Improvement Teams and the work of the Primary Care Mental Health teams
- be delivered with flexible and culturally sensitive approaches
- operate an open referral process
- include individual 1-1 work, focussed group work, broader population work,
- focus on developing resilience and capacity to enable individuals to better deal with the challenges or adversity in their lives.

Lifelink applies a strength based counselling approach to its work with individuals who are dealing with a whole range of problems or personal issues in their lives, such as relationships, anxiety/ depression, bereavement, debt or personal trauma, suicide ideation or self harming. It recognises that individuals have already developed resilience and coping skills to deal with the stresses of their everyday living, and therefore its one to one work supports people and enables them to make decisions that will lead to changes in their lives, to try new approaches to tackling the issues and problems they are faced with and to improve their mental health and wellbeing. Building personal resilience, allows people to make changes that will improve the quality of their lives and achieving their full potential, in some cases against adversity. Self referrals and supported referrals into Lifelink services can be made by telephone

or by referral form. For a full service launch pack including service leaflets (available in other languages and in large print) and referral forms, e-mail info@lifelink.org.uk or tel. 0141 552 4434.

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.

If you would like your organisation featured on the [CHEX Community-led Health Database](#), as [Lifelink](#) is, please contact Olivia Hanley on olivia@scdc.org.uk, who will email you details of how to sign up for free.

More News from the Network – Building Healthy Blogs!

Building Healthy Communities in Dumfries and Lower Nithsdale has announced the launch of its new blog. The new blog is intended to enable BHC to feedback and communicate with communities and wide a range of partners. BHC Dumfries and Lower Nithsdale are grateful to Luke Utting, a volunteer for BHC Machars, who developed the blog. It has been up and running for a couple of months now and there are already blog entries on some of the activities and workshops on offer.

For instance, there is a post on a programme of information and communications technology support for older people aims to help combat the detrimental effect of welfare reform on those with long term conditions, older people and carers. The course was developed by Building Healthy Communities (BHC) in partnership with Nithsdale Community Learning and Development (CLD) after listening to the expressed need and concerns of community members and groups around this issue.

The blog is located within the Building Healthy Communities website and can be found at <http://bhcdumfriesandlowernithsdale.blogspot.co.uk/>. BHC Dumfries and Lower Nithsdale asks people to take the time to explore the blog and to get in touch with any suggestions, contributions or to promote wider community programmes/projects and activities.

BHC Dumfries and Lower Nithsdale is one of four local Area Partnerships that currently operate across the region and make up Building Healthy Communities.

Building Healthy Communities in Dumfries and Galloway is a region wide programme based on the 'Healthy Living Centre' concept and is a partnership of public, community and voluntary organisations that has been working together since 2001. The programme is designed to improve the health and wellbeing and quality of life for all individuals, particularly those who are encountering difficult circumstances and personal issues. Visit the full BHC website [here](#).

Getting the Message Across: Top Tips for Community-led health

At our recent 'Making Scotland Better' event a number of participants commented on the challenges of communicating the strength and value of community-led health, especially to those practitioners who are unaware or unfamiliar with the approach.

This prompted us to produce these 'top tips'. They are intended as a brief guide to 'getting the message across' about the benefits of community-led health, and offer a route into the substantial body of work that you can use to support and promote community-led health approaches.

They include tips for explaining community-led health, demonstrating value, getting started and much more.

[Click here](#) to download Getting the Message Across.

Integration of Health & Social Care – The Public Bodies (Joint Working Scotland) Bill – Update

As reported in previous Snippets, the integration of health and social care is being progressed through the Public Bodies (Joint Working Scotland) Bill. On 28th May 2013, the Scottish Government introduced the Bill to the Scottish Parliament. This followed last year's consultation on proposals to integrate the planning and delivery of adult health and social care. The Bill provides a framework within which partners will plan and deliver integrated health and social care services for adults. It is due to become an Act sometime in 2014. The outcomes are to:

- improve the quality and consistency of services for patients, carers, service users and their families
- provide seamless, joined up quality health and social care services and
- effectively and efficiently deliver services that meet people's needs

The Bill has 4 Parts. Part 1 is the substantive part and covers the functions of Health Boards and Local Authorities – 1 of 4 different models of integration can be adopted.

Scottish Ministers will introduce national health and wellbeing outcomes, which the plans and models will work towards. These will be established through consultation with Health Boards, Local Authorities, Integration Joint Boards, and recipients of services, carers and organisations providing health and social care support and services.

Several national third sector organisations, including CHEX have submitted responses to the draft Bill and some have submitted written evidence to the Scottish Parliament's 'Call for Evidence'. A significant range of recommendations have been made, including:

- prevention and creating strong communities must be central components in achieving integrated and effective health and social care services
- the Bill should place duties on statutory authorities to work with community and third sector organisations as full partners and not just as consultees

CHEX will continue to raise awareness of the different stages of the Bill's progress and consult with community-led health organisations at various points.

Voluntary Health Scotland (VHS) has provided a helpful briefing on the Bill. Visit <http://www.vhscotland.org.uk/policy-and-resources/>.

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General Information

Apply for year 4 of Achieving Community Empowerment (ACE)

CHEX's parent organisation, the Scottish Community Development Centre (SCDC), is inviting community groups to apply for support through the ACE programme, now entering its fourth year.

ACE stands for Achieving Community Empowerment and is a programme funded by

the Big Lottery Fund in Scotland (BIG). It is a programme of support for community groups and within it we will provide at least 10 days of support for at least 10 groups a year. The support will focus on the following areas:

- Helping groups to identify what they're good at and where they need to improve/become more effective
- Helping groups to develop a plan of action in order to make their required changes
- Supporting groups to put their plan into action
- Sitting down with groups at the end of the year to review progress and identify what needs to be done
- Networking at the end of the year to share learning and experiences

If you are interested in finding out more, visit our [ACE page](#).

Sounding Board on tackling health inequalities from VHS

To mark the United Nations International Day for the Eradication of Poverty Voluntary Health Scotland (VHS) is holding the next Sounding Board around tackling health inequalities on the same day - 17 October 2013. Discussion will be around what health inequalities are and the role for the third sector.

If you're interested in getting involved or want to find out more about health inequalities, contact Susan Lowes on 0131 474 6190.

Latest welfare reform news

With welfare reform continuing to dominate the headlines, CHEX brings you some of the latest news from around Scotland relating to welfare and community-led health.

- The Scottish Government has announced that over 20,000 people have received grants from the Scottish Welfare Fund since its creation three months ago. This has amounted to just over £3.5 million of the £33 million available for local authorities to distribute. The Government suggests that vulnerable people may not yet be fully aware of the financial help available to them. The new fund, which was mentioned in the [last issue of Snippets](#) – provides grants to the disabled, elderly, lone parents and other vulnerable groups who find themselves in emergency situations – such as a theft or flood - as well as helping people get essential household items to set up or stay in their own homes, rather than be in care. It can also help families, facing exceptional pressures, get one-off items, such as a cooker or washing machine. Read the full story on the [Scottish Government website](#).
- Inclusion Scotland is always a good place to go for information on welfare reform, and this month it highlights that the Scottish Government has allocated £3.5 million to help Scotland's rural communities with regard to the impact of changes to housing benefit. [Read the full article](#).
- Third Force News reports on a West of Scotland based campaign to symbolise the injustices of bedroom tax by issuing eviction notices to local authorities it sees as guilty of continually harassing people for rent arrears. Read more [online](#).
- Finally, see the [jobs section](#) of this issue of Snippets for a cuts-related post at SCVO

Tods Law

Tods Murray has launched free, monthly, legal advice surgeries for third sector organisations. Third Sector Thursday offers organisations confidential and

complimentary appointments with a member of Tods Murray's Third Sector team. The one hour one-to-one appointments, taking place in either the Firm's Glasgow or Edinburgh offices, will give third sector organisations the opportunity to gain free guidance on a full remit of legal issues. Appointments take place on the last Thursday morning of the month and can be booked by emailing thirdsectorthursdays@todsmurray.com. See more [online](#).

Free support from The Cranfield Trust

Some more support that might be relevant to community-led health organisations – this time from The Cranfield Trust, which offers free mentoring, impartial advice and support to non-profit organisations throughout the country. The Trust supports charities whose primary purpose is to address issues of poverty, disability or social exclusion. Projects typically might involve a volunteer support worker giving support for 4-6 days over several months. If you would like to learn more about how The Cranfield Trust can support your organisation, please email us, vanessa.longman@cranfieldtrust.org

News from other networks

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

- The newsletter from the [Community Development and Health Network \(CDHN\)](#) in Northern Ireland is always worth a read, giving a flavour of what is going on in the field of community-led health across the waves.
- [Local People Leading](#) the news bulletin from the Scottish Community Alliance, contains plenty of news about land reform and community ownership amongst other things. The Alliance's upcoming Resilient Scotland launch events (see the [events section](#) of this issue of Snippets) are also mentioned.

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Campaigns

Loch Maree Challenge

A small group of swimmers are soon to swim the length of Loch Maree to raise funds for Good For All, an emerging social enterprise in the Gairloch, Poolewe and Aultbea area. The 12 mile swim will take place on the 31st August 2013. Morag Hughes, an experienced open water endurance swimmer, will attempt the whole distance without a wetsuit. Other swimmers will be attempting a relay in tandem with Morag's attempt.

Good For All group of young adults with both physical and learning disabilities who are establishing their own social enterprise enabling them to enhance social interaction, confidence building and personal learning. It has grown out of Good for Ewe, a community growing project on the shores of Loch Ewe.

Visit the [campaign website](#) (which mentions Loch Maree's monster!) to sponsor the swim.

Community energy petition

The Community Energy Coalition is calling for people to sign its petition for the UK Government to provide greater support for co-operative and community-owned energy projects. [The campaign page](#) (where you can sign the petition) is located on the website for Community Energy Fortnight which runs from 24th August – 8th

September 2013.

The Community Energy Coalition is a collaboration between some well-known UK organisations working to create a dramatically scaled up community energy sector in the UK - See more at: <http://www.forumforthefuture.org/project/community-energy-coalition/overview#sthash.cuLLGBBU.dpuf>

Public Sector Equality Duty Review

Inclusion Scotland is encouraging people to write to their local MP, asking them to sign up to the Early Day Motion 220 tabled by Sandra Osborne: <http://www.parliament.uk/edm/2013-14/220>. The Motion is an attempt to protect the Public Sector Equality Duty which is currently under review. IS has created a [template](#) for a letter to help with this.

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Consultations and Surveys

Joint Inspection of Services for Adults - Consultation on Methodology

A joint approach to the inspection of adult services is being undertaken by Healthcare Improvement Scotland and the Care Inspectorate to examine the effectiveness of collaborative working, primarily between health, social work and social care services, to improve outcomes for adults who use services and for their carers. The aim is to build on previous experience of multi-agency inspections and the proposals for the integration of health and social care systems. The two scrutiny bodies have been working closely together to develop the model and methodology for scrutiny and improvement that considers how well strategic partners work together to deliver support that maintains people in the community at home or in a homely setting.

To date, the model and the key performance indicators and related quality illustrations have been developed and tested in 3 local partnerships.

Healthcare Improvement Scotland and the Care Inspectorate are now in the process of reviewing the quality indicators and quality illustrations and are pleased to invite you, or a colleague, to one of our consultation events. This will give you the opportunity to share your views on the proposed methodology and documentation. We greatly value your feedback and will use it to finalise the methodology prior to implementation in 2014/15.

The events will take place on:

- Monday 30 September 2013, Station Hotel, 1 Leonard Street, Perth PH2 8HE
- Monday 7 October 2013, Mercure Hotel, 201 Ingram Street, Glasgow G1 1DG
- Monday 28 October 2013, King James Hotel, 107 Leith Street, Edinburgh EH1 3SW

Events will start at 1.00pm with tea/coffee available on arrival and close at 4.00pm. A draft programme is attached for your information. If you are able to attend, please contact Michelle Cassidy, project administrator michelle.cassidy@nhs.net asap as applications must be submitted by 30 August 2013.

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Publications

Older people and attitudes towards alcohol

A UK research project has explored older people's attitudes and perceptions around problem drinking. The qualitative study aimed to elucidate older people's reasoning about drinking in later life and how this interacted with health concerns, in order to inform future, targeted, prevention in this group.

Trying to explain high rates of heavy drinking amongst older people, the study highlights that many research participants saw heavy drinking as normal for someone in good health, and many displayed scepticism about public health advice on alcohol.

Read the research abstract and full report [here](#).

Public Social Partnerships Case Studies

Ready for Business have produced a cross-section of case studies illustrating joint commissioning between public and third sector and collaborative arrangements for delivery. These case studies provide examples of successful Third Sector and public sector engagement and show the social value in such commissioning & procurement.

Most case studies are in the central belt with some from other parts of Scotland such as Fife, Ayrshire and Aberdeen. They include case studies on individuals who have championed community benefit within their organisations, organisations who have considered social value and community benefit in procurement and the mechanisms they have adopted to deliver it. <http://readyforbusiness.org/case-studies/>.

Cool Heads: Stress Essentials

Cool Heads: Stress Essentials is a booklet developed by NHS Health Scotland for young people (12-16 year olds) experiencing issues such as peer pressure, relationship issues, exam pressure, feeling lonely, cyberbullying or self-harm. It explains the most common reasons for experiencing these types of stresses and offers practical ways to tackle the problems when things get tough as well as where to go for help.

You can find the full guide here: www.healthscotland.com/documents/1485.aspx. For more information, please contact Emma Lyon, Mental Health Improvement Programme Officer, at emma.lyon@nhs.net or on 0131 313 7515.

The resource is designed to complement the training course, *Scotland's Mental Health First Aid – Young*, which is mentioned in this issue's [training section](#).

What to expect from your doctor: new guide for patients

The General Medical Council (GMC) recently launched a guide for patients setting out what they can expect from doctors. The guide underlines the importance of dignity, mutual respect and partnership between patients and their doctor. It sets out the duties of the doctor including the need to be honest and open if things go wrong, and to make the care of patients their first concern.

The GMC state that this guide should complement the GMC's core guidance to good medical practice, which sets out the standards expected of every doctor on its register. The standards apply to all doctors whether in a GP practice, hospital,

independent clinic or community setting.

The new guide is available to download from the GMC website at www.gmc-uk.org along with an easy read version and translations in different languages.

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Funding

Foyle Foundation

The [Foyle Foundation's small grants scheme](#) is designed to support smaller, registered charities in the UK with a turnover of less than £100,000. They focus on those working at grass roots and local community level.

The grants are heavily oversubscribed, so please [visit their website](#) if you are thinking of applying for funding to check its right for your organisation. One-year grants of between £1,000 and £10,000 for successful applicants are available.

Climate Challenge Fund small development grants

Development Grants of up to £750 are available for community growing projects to undertake work that will help them submit an application for a Climate Challenge Fund (CCF) grant. Practical uses of the Development Grant could be solicitors fees, contamination tests or a fieldworker to give advice on leases, project timescales and costs. To be eligible for a Development Grant groups have to be able to demonstrate some kind of disadvantage, though this does not necessarily have to be restricted to SIMD statistics or ethnicity. All groups applying for CCF funding can count on support from a Development Officer at independent charity Keep Scotland Beautiful, who manages the fund on behalf of the Scottish Government. See more on [Keep Scotland Beautiful's website](#).

CCF funding of up to £150,000 per project is available until March 2015 so time is running out for community groups to apply with draft application deadlines in September 2013 and January 2014. For further information see www.climatechallengefund.org

Support and Connect fund

From the Big Lottery, Support and Connect will channel £9,853,057 to projects helping communities' growing need for food, advice services and community clothing and starter packs. In addition, in response to the level of demand and the quality of applications received, Big Lottery Fund Scotland is committing a further £5 million to the original £10 million budget. The Support and Connect fund will support activity over the next two years and is designed to do two things: improve local support for people experiencing difficult times, and assist organisations working within communities to deliver support in a more joined-up way so that everyone can get the help they need and there is less likelihood of people 'falling through the gaps.'

The closing date for the next round of applications is September 6, 2013 and BIG is particularly encouraging applications from West Dunbartonshire, East Renfrewshire, Orkney, East Ayrshire, East Lothian and Stirling. For more information please visit www.biglotteryfund.org.uk/supportandconnect.

Junior Climate Challenge Fund

The Junior Climate Challenge Fund (JCCF), which is part of the Scottish Government's Climate Challenge Fund, administered by Keep Scotland Beautiful, gives young people the funds and support they need to take action on climate change in their community. [Development grants](#) are available to groups led by young people aged 18 and under as they prepare for a full CCF grant application. Find out more on [Keep Scotland Beautiful's website](#).

Start and Grow

[Start & Grow](#) is the first investment package offered by Resilient Scotland. Start & Grow is primarily a loan package with an element of grant funding, to support the development and growth of both new and existing organisations in 13 local authorities (Clackmannanshire, Dundee City, East Ayrshire, City of Edinburgh, Fife, Glasgow City, Inverclyde, North Lanarkshire, North Ayrshire, Renfrewshire, South Lanarkshire, West Dunbartonshire, West Lothian).

Funds can be used to finance revenue or capital costs, including first asset purchases, wages, refurbishment, set up and running costs.

Why Choose Start and Grow:

- Simple application process
- Flexible and tailored support packages
- Ongoing support
- Fixed rate support
- Monies repaid reinvested in sector

To apply - Complete the [eligibility checklist](#) and if you can answer yes to all the questions then contact the Resilient Team on 0131 524 0300.

Tackling Sectarianism - Small Grant Programme

The Tackling Sectarianism Small Grant Programme from Voluntary Action Fund (VAF) is aimed at small community based organisations and faith-based groups with an income of less than £100,000 per year. The programme will run from July 2013 - March 2015. You can apply at any time, however applications will be considered in batches and the next deadlines for rounds of funding are 30 September 2013 and 17 January 2014.

Full details, an Eligibility Checklist, Guidance Notes and the Application Form can all be found on VAF's [website](#).

Volunteering Support Fund

The Voluntary Action Fund have opened a new grant programme for organisations with an income of less than £250k (and will prioritise organisations with an income of less than £100k) to improve their volunteering practice and create new volunteering projects. Grants of up to £10k are available for single organisations or up to £30k available to clusters of four or five. [Visit VAF's website for more information](#)

Bank of Scotland – Small Grant Programme

The Bank of Scotland offers grants of up to £20,000 to charities in Scotland for projects that develop and improve local communities and that support financial literacy and financial inclusion. Projects supported through the programme can last for up to 12 months. The next closing date for receipt of applications is 5pm on the

14th October 2013. Read more [here](#).

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Events

Creating outdoor experiences for people living with Dementia (Battleby)

This free partnership event with Woodland Trust Scotland delivered by Dementia Adventure is a repeat of a successful event run here at Battleby on 29th May. Running on Thursday 12th September 2013, Battleby Conference Centre, the event is aimed at countryside rangers and other countryside and green space professionals who manage sites and work with the public. It will also be of interest to health service professionals who have an opportunity to work with people with dementia outdoors.

Amongst other things, participants at this event will gain a better understanding and awareness of dementia and the concept of dementia friendly communities, and the ability to recognise and respond to dementia and how people can be supported to live well with dementia across the spectrum of the condition. Places at this event are limited so if you would like to attend please contact sgp@snh.gov.uk asap.

Healthy n Happy AGM (Cambuslang)

CHEX network member, Healthy n Happy Community Development Trust will be holding its AGM on Thursday 26 September 2013, 12:30 until 2:30pm, at St Andrews Church Halls, Arnott Way, Cambuslang, G72 7JQ. Healthy n Happy incorporates Healthy n Happy Enterprises and Camglen Radio, and was established by local people in 2002 as a Healthy Living Initiative. Since then it has evolved and diversified significantly, serving the Cambuslang and Rutherglen areas. See <http://www.healthynhappy.org.uk>

Resilient's Social Investment Events (Dundee and Edinburgh)

These two events will be the first opportunity for people to hear in detail about the new investment programmes available through Resilient Scotland and to express an interest in securing an investment. The first two events will be in:

- [Dundee on Tuesday, 3 September 2013 from 18:00 to 20:00 \(BST\)](#)
- [Edinburgh: Thursday, 5 September 2013 from 18:00 to 20:00 \(BST\)](#)

The events are the first in a series that will take place across the 13 local authority areas that are eligible for Resilient Scotland investment - further event details and dates will be available soon.

Following on from the Dundee and Edinburgh events, there will be an opportunity for organisations in other eligible areas to express an interest in investment from Resilient Scotland prior to their local event - details [here](#). This may be of particular interest to community-led health organisations and groups who have plans in place that they consider to be 'investment ready'. See more on Resilient Scotland funding in the [funding section](#) of this Snippets.

Walking Football (Edinburgh)

Walking Football will take place at Saughton Sports Complex on the 20th August. This activity is aimed at men aged 45+ who enjoy football but may not feel fit enough to play a 'normal' game. Walking football is a minimal contact sport with one main

difference to standard football – No Running! It is a great way to keep fit, learn new skills, have fun and socialise all at the same time.

The activity will take place regularly on Tuesdays 3-4pm. For more information contact Active Lives on 458 2100 or email avrilmckenzie@edinburghleisure.co.uk.

Tuning in: the social power of music (Glasgow)

From the Institute for Research and Innovation in Social Services (IRISS), this session will be delivered by Jane Bentley who specialises in the role of music making in social development and has 15 years' experience as a community musician. In 2010 she completed her PhD focusing on musical interaction, following this with training over a three year period with Europe's foremost practitioners of music in healthcare settings, Musique et Sante.

Running from 10am-4pm on Wednesday, 4 September, 2013 at the Scottish Youth Theatre, 105 Brunswick Street, Glasgow G1 1TF, the event is part of IRISS's SEE Sessions - See, Enlighten, Engage which are in turn part of the Creative Quarter project that aims to explore creativity and its use for improved social services. [Click here](#) to register.

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Conferences and Seminars

Living Streets Scotland conference (Edinburgh)

Walking and the Urban Environment: The Living Streets Scotland Conference will take place on Wednesday 6th November 2013 at the Grosvenor Hotel, Edinburgh. Join the Minister for Commonwealth Games and Sport, Shona Robison MSP, supported by Living Streets Scotland and Healthier Scotland, to explore good practice and how to promote walking in a better environment in our urban areas. View the conference flyer and get prices and booking info [online](#).

WISHH National Event (Edinburgh)

There are still a few places left at the Wellbeing in Sexual Health and HIV (WISHH) National Event on 2nd September at Cosla Conference Centre in Edinburgh. This is a free event and there are also a few marketplaces available. For any further information or questions around the event contact ruth.johnston1@nhs.net. Booking forms etc can be downloaded [here](#).

Best practice in working with older LGBT people (Edinburgh)

LGBT Health and Wellbeing would like to let you know that there are still places available at this free event on best practice in working with older LGBT people on Wednesday 11th September 2013 at The City Chambers Business Centre, High Street, Edinburgh, EH1 1YJ.

The event will include the launch of the LGBT Age film, made in conjunction with award winning film maker Michael Rea and well-known local musician Lorna Brooks.

Speakers will include Kate Fearnly, Alzheimer Scotland and Richard Ward, University of Stirling. For further information or to book a place – please contact Stefan Milenkovic on 0131 523 1102 – stefan@lgbthealth.org.uk or Sarah Anderson on 0131 523 1100- sarah@lgbthealth.org.uk as soon as possible.

The Sticky Stuff (Glasgow)

On Friday, September 6, at The Arches, Argyle Street, Glasgow the Sticky Stuff will explore the idea that empathy can act as a kind of social “glue”, helping hold society together. The basic premise is that until we can put ourselves in someone else’s shoes, we can never really understand them...or know just how like us they are.

This event looks at a range of ways in which empathy, compassion, community and understanding others is so important - and how it can help us make society a better place to be. Among the speakers will be:

- Sir Harry Burns, Chief Medical Officer for Scotland
- Mary Clear of Incredible Edible Todmorden
- Dr Peter Lovatt, aka "Dr Dance" of the University of Hertfordshire's Dance Psychology Lab
- Alan Bissett, writer, performer & Scotland's 46th hottest man 2008 (as voted for by the Daily Record) fresh from his Fringe show Ban This Filth, in which he plays both himself and radical feminist Andrea Dworkin
- Performance poet and cultural commentator Mr Gee, former "poet laureate" on Russell Brand's radio show (yes, he was there during Sachsgate)

To register interest, please email violence.reduction@scotland.pnn.police.uk

Alcohol Focus Scotland’s National licensing conference (Glasgow)

This year's National Licensing Conference will be held in Glasgow's Marriott Hotel on Monday 9 September. The theme will be "What difference does one more make? Developing a deeper understanding of overprovision in day-to-day decision making". Chaired by Lesley Riddoch, speakers will include Kenny MacAskill, Cabinet Secretary for Justice and Stephen House, Chief Constable of the Police Service of Scotland. Read more and book [here](#).

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Training

Scotland’s Mental Health First Aid – Young People (Across Scotland)

Scotland’s Mental Health First Aid – Young People offers both a 3-day Trainer for Trainer course as well as a 14-hour blended course supporting adults to recognise mental health problems such as risk factors or warning signs and giving the initial first stage help in the journey to recovery.

It aims to:

- Preserve life
- To provide help to prevent the mental health problem or crisis developing into a more serious state
- To promote understanding of mental health issues
- To provide comfort to a person experiencing distress
- Promote healing and recovery of good mental health

You will find the dates of the next courses in your area at:

<http://www.smhfa.com/index.aspx>. For more information, please contact Mechele Wimble, Learning & Development Officer, at [nhs.healthscotland-](https://www.nhs.uk)

smhfa@nhs.net Tel: 0131 5368772.

In addition to this training, the *Cool Heads: Stress Essentials* booklet has been developed – see the [publications section](#) above.

BSL course (Edinburgh)

Deaf Action is running a British Sign Language (BSL) courses in August, ranging from SQA Introduction to BSL to BSL 2. You can find all the information and applications forms here: <http://www.deafaction.org.uk/our-services/training-courses/british-sign-language-bsl-courses/>. For further details please see Deaf Action's website at www.deafaction.org.

Learn how to resolve conflict in your local community (Glasgow)

A couple of places are available on this course aimed at anyone who has to deal with local conflicts to learn practical and effective skills in helping people find common ground and a mutually-agreed way forward. Developed by Scottish Community Development Centre with The Scottish Community Mediation Centre, this five-day course on mediation and resolving conflict constructively is Scottish Credit Qualifications Framework accredited and is open to active members and staff of community groups, community organisations and community projects. The cost is £350 for the whole course, including a light lunch and refreshments. The fee is being kept to a minimum and covers only venue hire, catering and direct administration costs.

The course commences on Friday 6th September and continues on Fridays 13th, 20th and Thursday 26th September concluding on Friday 4th October.

[Find out more and sign up here.](#)

Handling Difficult Situations (Glasgow)

On a similar note to the above, Glasgow Council for the Voluntary Sector (GCVS) is offering this course which aims to give perspective, skills and confidence when handling difficult situations at work. The course will run on Wednesday 21st August 2013, 9:30am – 4:30pm, at The Albany Learning and Conference Centre, 44 Ashley Street, Glasgow G3 6DS. Book online [here](#).

How to do Equality Impact Assessments (Glasgow)

Delivered by [Clare Fraser](#), leading specialist in equality and diversity, whose clients include the Law Society of Scotland, Scottish Enterprise, SPT and the Scottish Funding Council, this half day training staff will enable you to understand the legal background. Practical case studies and examples will be referred to throughout. A concise, proportionate and compliant template will be distributed.

A full agenda is available [here](#). A working lunch will be served. Please call Clare Fraser on 07884 110686 if you would like further information or a group discount.

Mental Health Line Manager Training (Glasgow)

This FREE Mentally Healthy Workplace training programme has been developed by the Scottish Centre for Healthy Working Lives. This training includes good practice in promoting positive mental health and wellbeing as well as offering practical examples of how to support employees experiencing mental health problems.

The aims of the course are:

- To give employers and line managers a broad understanding of mental health
- To identify key factors that contributes to a mentally healthy workplace

- To improve managers confidence in dealing with this issue
- To ensure that managers are aware of their legislative responsibilities in relation to health and wellbeing

This course is delivered through a 'blended learning' approach and before attending this date you **MUST** complete a short Mentally Healthy Workplace online course. The training can be used as HWL award evidence (Silver additional criteria 4 or core criteria at Gold.)

The course will take place at Festival Business Centre, 150 Brand St., Govan, G51 1DH (near Cessnock Subway) on:

- Wed. 21/8/13 from 9.30 – 16:30 and
- Wed. 18/9/13 from 9.30 – 16:30

To book a place, please call HWL Adviceline, 0800 019 2211

Graphic facilitation (Glasgow)

SCLD is offering a one-day training course on Wednesday 18th September 2013, 10.00 – 4.00, SCLD offices, Merchant Exchange, Glasgow to give you the skills you need to create a visual representation of any meeting in real time. SCLD's experienced trainer, Clare Mills will show you how to communicate effectively with individuals and groups in a creative, inclusive and memorable way.

This practical course aims to:

- Explain clearly what graphic recording is and its benefits
- Show you how to create basic graphic images
- Share the secrets of shading, colour and personal style
- Discuss the role of a graphic recorder and facilitator
- Provide hints and tips on planning for your graphic facilitation
- Guarantee lots of practice in a fun and supportive environment

Cost: £110 per person. To book email: john.s@sclid.co.uk or call John Somerville at SCLD on 0141 559 5732.

Food and Health (Inverclyde)

Inverclyde CHCP is hosting a one day training course on food and health on the 3rd September from 9-5 in 7 1/2 John Wood Street. The course aims to help people understand the relationship between food and wellbeing & consider the barriers to achieving a healthy diet and includes accreditation. Cost is £15, details and registration available from Sara Maclean on 01475 502524.

Place and Space Research Training (London)

Place and Space Research is offering a free place for every full paying place on its 2013/14 Training programme across the UK and Ireland, details of which can be found [here](#). The course is the following topics:

- Neighbourhood Planning.
- Local Climate Change Action Planning.
- Rural Development Planning.
- Local Economic Partnerships.
- Evaluation Techniques for Regeneration Programmes.
- Local Public Service Reform.

The standard cost to attend per person is £200 plus VAT and a free place is provided for every full place booked. Place and Space can also deliver this training In-House for the cost of £800 plus VAT.

To book with this offer please email info@placeandspaceresearch.com quoting reference number AUG13TWITTER with your requirements.

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Vacancies

Volunteers (Borders)

'Grow to Work', a social enterprise based in the central Scottish Borders, is looking for volunteers. The role would typically involve working with a small group of trainees, but will be based around your own talents and capabilities so activities could involve any of the following and more: growing fruit and vegetables, cooking and baking, looking after animals, wood crafts, gardening and running a plant nursery, maintaining garden equipment, selling produce at a farmers' market, running a café, financial education, learning to drive (on private land), etc.

For more information please visit: <http://www.growtowork.org.uk/volunteer> and get in touch with Gregor directly - gregor.scott@growtowork.org.uk, 0131 202 6379.

Ripple Buddies staff (Edinburgh)

The Ripple Project is looking for two resourceful and experienced workers to join our busy community organisation working to improve health and wellbeing for all ages within the Restalrig, Lochend & Craightinny area of Edinburgh. The two posts are:

- Ripple Buddies Support Worker (Part time), 16 hrs per week £13 per hr. Closing Date for Applications: Monday 19 August. Interviews: Tuesday 27 August.
- Community Food & Health Worker (Part-time), 22 hours per week (Tues - Fri 9.30am – 3pm). Salary: £21,819 per annum pro rata. Closing Date for Applications: Wednesday 21 August. Interviews: Thursday 29 August

For application packs for either post visit www.goodmoves.org.uk contact rippleyouth@btconnect.com or 0131 554 0422.

Communications & Engagement Officer (Edinburgh)

As part of its work around welfare reform, Scottish Council for Voluntary Organisations is seeking to employ a Communications & Engagement Officer (£27,479 - £31,603). For more information download the application pack from www.scvo.org.uk or call SCVO's recruitment line on 0131 474 8033. Closing date: 19th August 2013.

Development Manager (Glasgow)

CHEX's parent organisation, the Scottish Community Development Centre is recruiting a Development Manager to help deliver its programmes across Scotland.

To enquire about the position, please contact [Victoria Muir](#), Internal Services Manager, or download the recruitment pack [here](#).

Deadline for applications is Friday 23 August 2013.

Development Manager (Glasgow)

Glasgow Disability Alliance is looking for a Development Manager (£28,866 pro rata) to project manage the Older People Programme, using community development approaches to engage older people; develop/co-ordinate accessible, high quality programmes and activities which increase capacity, social connections and resilience; support the voices of older disabled people to be heard & develop networks and partnerships with a view to developing new programmes or improving existing services.

Download the application pack at: www.gdaonline.co.uk. Closing date: 19th August 2013.

Community Food Worker and Administration and Information Worker (Glasgow)

Woodlands Community Garden has two job vacancies with its new Local Food and Social Support Project:

- Community Food Worker, full-time, £23,232 pa responsible for establishing food and social support hubs at a range of community venues, co-ordinating a wide range of activities and recruiting and supporting volunteers.
- Administration and Information Worker, part-time, 21 hours per week, £20,502 pro-rata responsible for providing administrative support for food hub activities, helping to monitor outcomes, produce information resources as well as assisting the treasurer with finances and budgets.

To download an application pack please [visit the Woodlands Community Garden website](#) Application deadline 5pm on Thursday 29th August. Interviews to be held Monday 16th September (Community Food Worker) and Monday 23rd September (Admin Worker). Both posts are offered initially until 31st March 2015, but may be extended subject to funding.

Chief Executive Officer (Glasgow)

Lifelink (see [main story](#) above) seek a Chief Executive Officer (£41,823 - £45,774) to develop, take ownership and drive forward Lifelink's strategic plan to sustain and grow the organisation. The ideal candidate will have working knowledge of holistic therapeutic support services and be a manager with proven strategic, business, financial, presentational, commercial, and interpersonal/networking skills. This is a re-advertisement as previous applicants did not meet the range of criteria required of the post. See [goodmoves](#) for full details and application pack. Closing date: 30 August 2013

Project Co-ordinator (Glasgow)

The Maryhill Climate Challenge project is entering a second stage and is looking to recruit a Project Co-ordinator (£19,500 - £23,004). The project focuses on sustainable food and energy efficiency and works to empower the community to take actions to tackle climate change which will also make significant contributions to improving health, reducing fuel and food poverty and improving biodiversity and the quality of the built environment. Download the criteria and forms at [goodmoves](#). Closing date: 23 August 2013.

Project Leader (Glasgow)

Playbusters Grow Green with Glasgow's East End project requires a Project Leader (£28,500) to manage three project staff and work closely with the Project Manager,

other Playbusters staff and the wider community to ensure success of the project. The post holder will build upon the success of the project and develop new and innovative ways to ensure communities have access to facilities and resources which enable a more sustainable lifestyle. Full details on [goodmoves](#). Closing date: 23 August 2013.

Funding & Sustainability Officer (Inverclyde)

CVS Inverclyde seeks a suitably experienced Funding & Sustainability Officer (£21,420 pa) to support Inverclyde's third sector organisations to access funding and finance to enable them to provide even more great services for Inverclyde's people and communities. The post is available full time or on a reduced hours basis. Working alongside other CVS staff, third sector organisations and public sector partners the successful candidate will identify the services that are needed in Inverclyde, the resources that are available and the partnerships that will enable successful delivery and bring these together into well-designed funding applications that national funders such as BIG Lottery will want to fund.

To apply e-mail admin@cvsinverclyde.org.uk or you can access the application pack on the [Good Moves website](#). Applications close Friday 30th August at 5pm.

Community Link Worker (Motherwell)

North Lanarkshire Carers Together is seeking to recruit a Community Link Worker (£21,036 - £22,371 pro-rata, 25 hour post) to work as part of the Locality Partnership Development Programme of Reshaping Care for Older People. The post holder will have a proven track record of working within the voluntary/social care sector and will have experience of community development and community capacity building work. A key focus of the work will be in driving forward the development of community based services within the Motherwell area to improve outcomes for older adults and their carers. [Click here](#) to see full details on goodmoves. Closing Date – 30th August 2013.

Allotment Project Worker (Perth)

North Perth Allotment Association is looking for a self employed Allotment Project Worker (hourly rate - £15 per hour, 15 hours per week. Fixed term contract until 31 March 2015) who will be responsible for the day to day co-ordination and development of the Associations' allotments and community garden. This will include administration, supporting allotment holders and visitors to the site, running workshops and encouraging grow your own, gardening /environmental activities. Full details and how to apply on [goodmoves](#). Closing date: 23 August 2013.

Welfare Reform Benefit Adviser (Stornoway)

Western Isles Citizens Advice Bureau is recruiting for this post (£22,323) to provide a quality advice, information and representation service on statutory benefits and other social welfare matters as appropriate to clients throughout the Western Isles. A working knowledge of welfare benefits, welfare reform and experience of tribunal representation is highly desirable.

For an application form and job description please telephone 0131 550 1000 email recruitment@cas.org.uk. You can download an application pack from the Citizens Advice Scotland website at www.cas.org.uk. Closing date: 30 August 2013.

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Websites

Run Native

Community Enterprise has spent the last few months re-branding and re-building Run Native (www.runnative.co.uk) so that the navigation for customers works better. It was re-launched on Monday and will be promoted a lot over the coming weeks right across the UK. Community Enterprise urge you to have a nosy, and please pass the word around work colleagues, friends and family. Each purchase changes the world!!

Community Enterprise describes itself as a family of social enterprises with a mission to help people gain the capacity and confidence to improve their community through enterprise - See more at: <http://communityenterprise.co.uk/#sthash.HrkQPmXh.dpuf>.

The Community Energy Fortnight

In case you don't know about it already, i-develop's purpose is to act as a hub for continuous professional development in Community Learning and Development. Developed by the CLD Standards Council, the website contains CLD visions and values, resources for development and articles on various aspects of CLD. You can also sign up to i-develop, which allows you to create CPD portfolio and take part in the online forum. [Visit i-develop here.](#)

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The Community Health Exchange (CHEX) is primarily funded by NHS Health Scotland and is a part of the Scottish Community Development Centre (SCDC). SCDC is a company limited by guarantee, registered in Scotland, No. 361532. SCDC is a registered charity in Scotland, Ref No. SC 040614.

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