



Issue No 240, 29th August 2013

Hello, and welcome to issue 240 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 **three weeks away, on Thursday 19th September 2013.** Please send anything you would like to be included before Tuesday 17th. 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 – Dundee Healthy Living Initiative marks Challenge Poverty Week

In each edition of Snippets we like to profile some news from organisations which are part of the CHEX Network. Dundee Healthy Living Initiative has provided some news for this issue...

CHEX is happy to pass on news that, as part of Challenge Poverty Week 2013, Dundee Healthy Living Initiative will not charge for its classes during the week which runs from 13th to 19th October.

DHLI's classes include Physical Activities such as walking groups, Healthy Eating and Weight Management and Smoking Cessation. The DHLI approach to health improvement and reducing health inequalities is based on community development methods and a social model of health. This involves: local people identifying their own health needs and solutions; building capacity to make healthy choices; partnership working; sustainability; and collective action.

Read more about Dundee Healthy Living Initiative at <http://www.dundeehealth.com/index.htm> or [here on the CHEX Community-led Health Database](#).

The [Poverty Alliance](#) is coordinating Challenge Poverty Week (CPW) with as many as 30 other poverty-related organisations. The week will use the UN International Day for the Eradication of Poverty on the 17th of October as a focus to bring together a wide range of groups and individuals to highlight what is being done to tackle poverty in Scotland and to build momentum for greater action. Find out how you can get involved at: <http://povertyalliance.org/> or contact Peter Kelly at peter.kelly@povertyalliance.org.

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 Dundee Healthy Living Initiative 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 – REACH for inspiration!

CHEX Network member, REACH Community Health Project, has asked us to highlight a FREE event they are holding – *Inspiration 2013: A Black and Minority*

Ethnic Employability & Development Day on the 20th of September.

REACH Community Health Project is holding the above free event at Pollokshaws Burgh Hall in the Southside of Glasgow targeted at BME communities which will feature a wide range of Employers, Training Providers and Further Education providers, promoting opportunities as well as organisation providing health and wellbeing advice to attendees. (There are still spaces available if you would like to be one of the exhibitors or contributors.)

There will be workshops on the theme of Employability, Health & Wellbeing. The event will provide partners, stakeholders, clients and community members an update of the progress made by REACH's Employability & Health Project. You will have an opportunity to hear from clients that have been on the programme and to share best practice with other practitioners. This event has come about from the work REACH has undertaken with Black and Minority Ethnic community groups in Glasgow.

REACH is envisaging an exciting and proactive day that will benefit all who participate. The event is free, however REACH will need to know numbers with regards to seating arrangements, catering and health & safety.

To book a place, [please click here](#) and complete a simple registration form. The on-line registration portal also contains up-to-date programme of activities.

Summer 2013 edition of CHEX-Point magazine out now

It's been a nice and warm summer for some of us in Scotland, with the rain (for once!) being a rare sight. After a quick break we're diving back into the world of community-led health with our latest issue of CHEX-Point magazine.

[Click here to download CHEX-Point magazine issue 45](#)

We've got some great articles and information for you in this issue, from the work of the Early Years Collaborative to Nari Kallyan Shangho, a community-led organisation that works to improve health outcomes of South Asian women in Edinburgh.

Along with this we need your help! We're constantly looking for ways to improve CHEX-Point magazine and all the publications we produce – so we've included a short survey for our readers to complete which give you a chance to tell us what you like, what you don't and what you'd like to see more of in our future editions.

www.surveymonkey.com/s/chexpointsurvey

We're also looking for new members to join our Editorial Board. The Board meets a few times a year and you'll have the chance to shape future editions of CHEX-Point. It's a great opportunity for community-led health organisations to get involved and it would be great to hear from you if you think you have something to contribute. To enquire please contact olivia@scdc.org.uk.

HIIC Tutor Training dates

The next dates for Health Issues In The Community Tutor Training are the 30th & 31st October at the STUC Centre, Glasgow from 9.30am – 4.20pm (both days). Lunch will be served. The 2 day course is for individuals who wish to become HIIC Tutors and costs £300 for those from the statutory sector and £200 for those from the voluntary sector.

The 2 day HIIC Tutor Training course is a credit rated course, 8 points at level 7, and

aims to equip participants to deliver Health Issues in the Community training to a wide variety of people in a broad range of settings. As part of the course, and in order to become accredited, you will:

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

For more information on the course click the following link

<http://www.chex.org.uk/what-we-do/training-development-support/hiic/> or, to register, please contact Aileen on 0141 248 1924 or email aileen@scdc.org.uk.

Dumfries Health and Social Care Hub

Tina Gibson, NHS Dumfries and Galloway and member of the CHEX Advisory Committee highlights the role of the community and third sector in the Dumfries Health and Social Care Hub

The Hub, a Putting You First Pathfinder, is based at the Treasury Building at Nithbank and provides a base for staff from NHS Dumfries and Galloway, Dumfries and Galloway Council and the Royal Voluntary Service (who act within the team, as a single point of contact for all of the Third Sector). Staff based at the Hub will combine their efforts to take a new integrated approach to the management, development and delivery of seamless health, care and support services for people aged over 65 who are registered with two Dumfries medical practices.

The Royal Voluntary Service manager/Third Sector point of contact at the Hub Laura Aitchison, has an important role to play in making sure NHS and Council staff are aware of the valuable role of the Third Sector in delivering integrated, seamless service to people.

Laura said "We have a daily meeting at 11.30 attended by district nurses, physiotherapists, occupational therapists and social workers to discuss the work we are currently involved with.

"If any of the service users have a need for a referral to two or more services, we have a further discussion to identify the best options for them. The meetings tend to focus on the needs of person rather than what one particular service can provide. Staff are encouraged to think more broadly and consider social needs as well as health needs.

"Because everyone involved in working with older people is based on the same building, it means that the team can work together in a more integrated way to address unique needs of each individual. It's much more effective than trying to arrange meetings between people working in different places and for different organisations.

"It's my job to provide information about what the third sector organisations can offer as part of this whole journey of care of an individual. If I don't have that information to hand, I can get it quickly. I'm also in the process of creating a database of Third Sector organisations in the Dumfries area so that information is readily available to NHS and council staff."

For further information contact PYF team on 01387 272 741, e-mail ryan.prentice@nhs.net or laura-janine.aitchison@royalvoluntaryservice.org.uk or visit the website at www.puttingyoufirst.org.uk

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General Information

Walkable Communities

Living Streets Scotland's Walkable Communities project supports communities to improve their local walking environments and encourage more everyday walking, using our highly commended Community Street Audits to help evaluate and improve the quality of streets and spaces from the viewpoint of the people who use them, rather than those who manage them.

Living Streets states that even small changes can make a big difference, and that its previous audits have resulted in a range of improvements for local people from more litter bins, better street cleaning and the re-surfacing of pavements and paths to the removal of pavement obstructions, better street lighting and more. You can read about some of Living Streets' work with communities [here](#).

To be one of the communities involved in this year's programme, or to find out more, please get in touch with Penny Morriss, Communities Coordinator at Living Streets on 0131 243 2649, or email penny.morriss@livingstreets.org.uk.

Also see the [training section](#) of this issue Snippets for Street Audit Training that Living Streets is also offering.

Knowledge/library support for those working to reduce health inequalities

The Knowledge Services team at NHS Health Scotland provide free support for anyone in Scotland working in the field of health improvement and/or the reduction of health inequalities. The team offers a range of free services aimed at providing practitioners in all sectors with high quality up-to-date evidence and research in this subject area.

Services include:

- literature searches to identify key evidence in a particular subject area
- current awareness alerts to help you keep up to date with new and emerging evidence
- advice in locating and obtaining full text information resources (such as journal articles)
- a specialist collection of health inequalities/health improvement-focussed books (provided with a Freepost return label)

To find out more visit NHS Health Scotland's website at <http://www.healthscotland.com/resources/library/index.aspx>. Alternatively, call 0141 414 2762 or email nhs.healthscotland-knowledge@nhs.net for a discussion about how the team can support your work.

Power of Adult Learning: changing lives, transforming communities

CHEX would like to give advanced notice of this conference, jointly organised by

Scottish Community Development Centre (SCDC), Learning Link Scotland, Dyslexia Scotland, WEA Scotland, and LEAD Scotland.

This adult learning national conference will take place on Wednesday 23rd October from 10am-3pm at the John McIntyre Conference Centre, Edinburgh University with key speakers and workshops from the organisations hosting the event. This should be a fantastic opportunity to engage with colleagues across the sector to consider the power of adult learning.

Further details will be announced over the coming days, but numbers will be limited so if you would like to place a note of interest at this stage, please email Nicola.Macvean@learninglinkscotland.org.uk.

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](#).
- As we highlighted in the last issue, Inclusion Scotland is always a good place to go for information on welfare reform. IS's latest news bulletin contains a link to a survey from Disability Rights UK on Government support for employment for disabled people. The survey can be accessed [here](#) and closes on Sep 1st.
- Inclusion Scotland is also requesting case studies on experiences of the bedroom tax for its evidence to both the UK Government and Scottish Parliament. Please contact: jain@inclusionScotland.org or telephone 0131 555 6887.
- Related to welfare reform, the Scottish Government has launched a new consultation on the [future use of resources following the UK Government's decision to close the Independent Living Fund](#).
- Aberdeenshire Council has set up a Welfare Reform Cross-Service Working Group to ensure there is a collaborative and co-ordinated approach across all council services as changes take place. To support this, a Welfare Reform Team has been set up, which aims to help customers, services and stakeholders prepare for the changes to the welfare system and to assess the impact of welfare reform in Aberdeenshire. The team's monthly newsletter will provide an update on what is happening across the council, information on changes as they are implemented and details of support for residents. To find out more please e-mail the team at welfarereform@aberdeenshire.gov.uk
- Finally SCVO's Welfare Cuts #TakingItOn bulletin is another place where you can get the latest news about welfare reform in Scotland. The August edition can be accessed [here](#), and contains a link to newly published research commissioned by the Local Government Association on the impact of welfare

reform on UK households. For instance, it works out that one in ten of all working age households will be impacted by housing benefit cuts, with an average loss of £1,215 per year.

Community Service Volunteering stats

CSV (Community Service Volunteers) has issued a press release stating that, thanks to CSV volunteers, an area of land equivalent to 175 football pitches has been improved and transformed in Scotland - as part of the Action Earth campaign.

The campaign encourages people to get involved in transforming their local communities by reclaiming derelict and unused land, planting trees and flowers as well as generating animal habitats with the assistance of CSV grants of up to £500 thanks to the support of Scottish Natural Heritage. This allows individuals, groups and organisations to volunteer together to improve their local environment.

Now, CSV is asking more community groups and individuals to come forward to make use of available grants to transform the environment for this year's campaign, with the help of Coronation Street and Taggart actor John Michie. Sign up now to CSV Action Earth 2013 and make a positive contribution to your local environment by visiting www.csv.org.uk/actionearth or call 0131 222 9083.

Suicide Prevention Week

We noticed in NHS Health Scotland's [Mental Health Improvement e-bulletin](#) that National Suicide Prevention Week takes place from 9th to 13th September this year. The aim of the week is to reduce the stigma that surrounds suicide. To raise awareness of the issue, the nationwide campaign 'Read between the lines' will be used. This campaign calls on everyone to be alert to the warning signs of suicide in family, friends or workmates.

Further details can be found on the [Choose Life Website](#) or by contacting your [local Choose Life Coordinator](#). Local areas will also be hosting a number of training opportunities. To find out more please contact your local [training lead](#).

News from other networks

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

- The most recent newsletter from the Scottish Recovery Network has an in-depth story on community-led mental-health solutions for recovery. The article contains quotes from Susan Scott from [PLUS Perth](#), a community-led mental health charity who CHEX has worked with previously around co-production, and also from Borders-based [New Horizons](#). It points to interesting new approaches and worldwide examples, and argues for a "radical change in funding accessibility and culture". [Read the article here](#).
- [Community Food and Health Scotland's e-bulletin](#) is out now, containing the latest news, research, funding and events in community food and health.
- Third Force News, from SCVO gives the latest reaction to the proposed merger of health and social care services in Scotland. Organisations such as SCVO, Health and Social Care Alliance Scotland and Coalition of Care and Support Providers in Scotland have urged for more representation of service users in the development and operation of the new arrangements. Read the article [here](#).

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Campaigns

Our Economy

To accompany the publication of its new report, [Our Economy](#), Oxfam Scotland is asking people to show Members of the Scottish Parliament (MSPs) that *Our Economy* matters to the people of Scotland. You can help by asking your MSPs to sign the parliamentary motion in support of *Our Economy* and take part in the debate about how Scotland's economy can tackle poverty and inequality.

Our Economy is a new report setting out Oxfam Scotland's vision for the economy based on the needs of our communities; where our tax system is a tool for achieving equality; where business creates social returns; and where we value the contributions of all people in our society.

To support the campaign, [visit the webpage](#) on Oxfam's website. All you have to do is click the link to send a message to your MSPs so they support the vision of a new prosperity for Scotland.

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

Voice your opinions on changes in health and social care!

The Scottish Government is running a range of local events over the coming months to get people involved in shaping policy relating to adult services and older people. Organisations of all sizes involved in older people's care, people who use services including older people and their carers are being encouraged to get involved. The events will look at:

- progress in reshaping care for older people - so people are living in and

- staying well and connected to their local communities,
- the kinds of outcomes people want to see, from a seamless health and social care service; and
- the standards people expect of the care they receive.

The schedule/location for the events is as follows (all September):

- Shetland (Lerwick Town Hall) : Monday September 2nd
- Aberdeen (Curling Centre): Friday 6th
- Edinburgh (Waverley Gate): Tuesday 10th
- Dundee (Maryatt Hall): Thursday 12th
- Paisley (Town Hall): Monday 23rd
- Ayr (County Building): Tuesday 24th
- Dumfries (Cairndale Hotel): Friday 27th

For more information or to register your interest to attend local events, contact: CareforOlderPeople@scotland.gsi.gov.uk and 0131 244 5403.

Glasgow's Learning Partnership - digital resources survey

The information gathered by this [survey](#) will be used by Glasgow's Learning Partnership to map and promote both digital access and digital learning across the city. If your organisation offers digital access and/or learning at more than one location please complete a form for each location. Please return the completed survey to Neil Paterson at Glasgow Life Neil.Paterson@glasgow.gov.uk.

[Link to survey document.](#) The closing date for returns is **Friday 30th August 2013.**

Info wanted from those involved in conservation and community growing

This consultation exercise from TCV should be relevant to any community-led health organisations with a conservation dimension.

The Conservation Volunteers (TCV) have been awarded funding from the Heritage Lottery Fund to develop Natural Networks - a new training programme which will focus on increasing the biodiversity of local greenspaces to play a role within ecological networks. Natural Networks will use the innovative approach pioneered by the [Natural Communities](#) programme to support communities to understand, value and protect their local greenspaces and develop them as a valuable part of local and national 'green' networks.

Beginning in 2014, Natural Networks will provide 32 year-long work-based training placements in locations across the UK. During the training placements, trainees will develop the skills in:

- The development of green networks
- Surveying, managing and improving local greenspace
- Engaging and supporting local communities to contribute in developing and sustaining green networks through understanding and protecting local green places

TCV is currently in the process of developing the project and is keen to have your input into the project design. TCV would therefore be grateful for responses to the following questions:

1. Do you think Natural Networks will be of value to the sector in which you

- work? Please state why.
2. What do you think are the key factors TCV should bear in mind to ensure Natural Networks is really effective in achieving its aims?
 3. Would you be interested in working in partnership with The Conservation Volunteers to develop and deliver the Natural Networks Programme? If you could offer a placement, training, mentorship or strategic advice then please let TCV know.

Contact Kerry Riddell at k.riddell@tcv.org.uk with your responses.

** Those working in the field of community growing might also be interested in a consultation by Federation of City Farms and Community Gardens, who are looking for examples of good / not so good experiences with the planning system in Scotland. If you have an example to share, please send them a brief summary of the site, proposed development, what the issue was, and who the Local Planning Authority was, although FCFCG promises not to 'name and shame'. Please contact helen@farmgarden.org.uk before 07/09/13.

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Publications

Third Sector Interface Impact Report

Voluntary Action Scotland has launched a major new report demonstrating the increasing impact that third sector interfaces (TSIs) make in communities across Scotland.

The report, entitled 'The Impact We Make The Potential We have – A report into the impact of Scotland's 32 third sector interfaces' looks at the importance of having a strong network of local third sector infrastructure bodies in order to maximise the potential of Scotland's local charities, community groups and volunteers. Aside from demonstrating the sheer scale of activity supported by TSIs a less well understood role in brokering local action stands out as making a difference, particularly towards the challenge of reshaping public services.

The report can be found online here: <http://vascotland.org/report.pdf>.

Alzheimer Scotland resources

A Big Lottery funded research project by Alzheimer Scotland's has investigated the experiences of families living with dementia in NHS Highland area. The project looked at how families cope and how agencies can best support them in this. The research involved over 100 health and social care staff across the area, and 137 family carers. The findings highlight key issues (particularly in remote and rural areas):

- Difficulty getting a diagnosis
- Difficulty in accessing necessary information about dementia
- Lack of support for family carers from wider health and social care service
- Inequality of access to support for people with dementia and family carers living in remote rural area

The report also highlighted that community-based support had the most positive

impact for family carers, with drop-in activities, peer support and access to home-based respite also improving quality of life.

The research report is available from www.alzscot.org/carers-research-project where the full report, as well as an executive summary and further project information is available.

In addition Alzheimer Scotland has produced resource guides for families living with dementia, designed to inform families and signpost to relevant organisations. These are available via www.alzscot.org/familiesguide.

Report into emotional effects of stroke

A recent report by the Stoke Association, [Feeling Overwhelmed](#), has highlighted the need for the emotional impact of Stroke on carers and survivors to be taken as seriously as its physical effects. The results of a survey of people affected by stroke published in the report revealed that two thirds reported feel either depressed or anxious as a result of stroke, while around half had experienced negative effects on their personal relationships. Over a third felt that they had been abandoned after leaving hospital and about half hadn't received information on dealing with the emotional impacts of stroke. Unpaid carers have similar feelings too with around three quarters of respondents feeling anxious as a result of having to care for a stroke survivor. Relationships suffer too and many said their relationship with the person who had a stroke suffered or changed.

The report calls for proper support to be given to carers and stroke survivors to help them cope with the emotional impact of stroke were echoed by both health professionals and survivors.

Why can't I access stuff on the web?

As a contribution to the dialogue around access and barriers to access to material on the internet at work, IRISS (Institute for Research and Innovation in Social Services) has published [Why can't I access stuff on the web?](#), a summary of key points from recent authoritative reports and statements that you can use to support your business case for being given more permission to use the web freely. This includes being able to:

- Watch video
- Listen to audio
- Add buttons to your browser
- Choose the browser you want to use
- Manage your own web access

IRISS argues these are part and parcel of using the web for learning, and for finding, managing, sharing and using information. Blocking access to web-based tools and services inhibits [digital participation](#) and thwarts the acquisition of [digital literacy skills](#), both of which are fundamental elements of the [Scottish Government's digital strategy](#). In practice this means allowing the workforce much greater freedom to use social media in the workplace.

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Funding

ScotRail Foundation Grants

The ScotRail Foundation has committed £100,000 to be distributed to community groups and good causes in 2013/14. Groups and organisations in Scotland can apply for funding through the ScotRail Foundation for community development projects.

Specifically for projects that:

- Provide support for children and young people
- Improve the local environment
- Improve local communities general health and wellbeing.

ScotRail would prefer to link projects to some of their own corporate themes (or a local train station but this is not essential). ScotRail has two categories of award, £250 - £1,000 and £1,001 - £5,000. The next closing date for applications is the 17th January 2014. See the [Foundation's website](#) for more.

People's Postcode Trust Dream Fund 2014

Next year's [People's Postcode Trust Dream Fund](#), as with previous years, encourages charities and organisations to work together to realise projects of their 'dreams'. The Trust, which is funded by the People's Postcode Lottery, is currently accepting applications from registered charities, community groups, voluntary organisations and social enterprises in Scotland, England and Wales for projects ready to go live in 2014 and 2015. Applications must come from a collaboration of at least two organisations, one of which must be a registered charity.

Glasgow Airport FlightPath Fund

Glasgow Airport's [FlightPath Fund](#) was established in 2010 to ensure local communities share in the success of the airport. It provides financial support to community groups and charities that are committed to improving the opportunities, facilities and services available to local people. The FlightPath Fund focuses its investment in a number of areas including education, the environment and employment and community groups and charities in Renfrewshire, Glasgow and East and West Dunbartonshire are all eligible to apply for funding.

In 2013 the committee will meet to consider applications on Friday 1 November and all applications must be submitted no later than three weeks prior to the meeting date. Request and complete an application form by emailing flightpath@glasgowairport.com.

SuperConnected Broadband Scheme in Edinburgh

Edinburgh's [Broadband Connection Voucher Scheme](#) allows Community and social enterprises in Edinburgh to apply for vouchers worth up to £3,000 to install up to 100 Mbps broadband access in their premises in Edinburgh. It's part of the Department for Culture, Media and Sport 'Super Connected Cities' initiative currently being tested in four UK cities: Edinburgh, Belfast, Cardiff and Manchester/Salford in England. If the market test is successful, another 18 cities will join the scheme later in 2013.

The purpose of the Connection Voucher Scheme is to help small and medium enterprises (SMEs) as well as community and social enterprises meet the upfront capital costs of a high-speed broadband connection to their premises.

Support for the Elderly and / or People with Disabilities from Tesco

The Tesco Charity Trust is accepting applications for projects supporting the elderly

and/or adults and children with disabilities. Community and Voluntary groups can apply for grants of between £500 and £4,000 through the Tesco Charity's Community Awards.

The Tesco Charity Trust Trustees also consider grant applications at their tri-annual meetings. These grants range between £4,000 and £25,000 and are to support local, national or international projects in areas where Tesco's operate.

For more information on both funding avenues visit <http://www.tescopl.com/index.asp?pageid=121>. The closing date for applications is the 30th September 2013.

The Henry Duncan Awards

Lloyds TSB Foundation's main grant programme, the Henry Duncan Awards, offer smaller (under £3000) and larger (over £3000) grants to registered charities with turnovers less than £500k. The next deadline date for application is 16th September. There is a single stage application for the Henry Duncan Awards, with a very short application needed for people applying for a small grant and a slightly more detailed application for people applying for larger grants. Visit: www.ltsbfoundationforscotland.org.uk for more.

Zero Waste Capacity Grant Funding

Scottish community organisations and third sector organisations can apply to Zero Waste Scotland for up to £10,000 to help increase re-use of furniture and other household goods.

The funding aims to support the growth and development of re-use organisations. It can be used for activities which increase the quantity and quality of items being re-used, including increased collections, improved logistical support, purchase of specialist re-use and repair equipment, and improvements to sales capacity and retail environments.

Apply [here](#). The closing date for applications is the 30th September 2013.

Contribute to the Scottish funding database

The Scottish Council for Voluntary Organisations (SCVO) is developing a new funding service which will include a searchable database of funding opportunities. SCVO is looking to form a representative user group - from professional fundraisers to grassroots volunteers - that it can approach for occasional advice. Time commitment to the group is completely flexible.

If you are interested in joining the group, or to find out more, please contact Harriet Grant at harriet.grant@scvo.org.uk

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Events

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>

Celebrate IACD's 60th anniversary (Dunfermline)

In association with the Carnegie UK Trust, the International Association for Community Development (IACD) invites you to celebrate its 60th anniversary!

A celebratory gathering will be held in the Board Room of the Carnegie UK Trust in Dunfermline, on Monday 23rd September, from 3 to 5pm. It complements the celebration being held at the Calouste Gulbenkian Foundation in London later that week.

This is an opportunity to meet Scottish and international colleagues active in the field of community-led learning and development, to hear about opportunities for international linking, and to learn news of the major international conference, 'Community is the answer', being held in Glasgow in June 2014.

To register, please contact Jackie Arreaza (jackie.arreaza@iacdglobal.org).

Raising Children With Confidence (Edinburgh)

This 7 week course from CHEX Network member Health All Round aims to give parents and carers the chance to explore emotional well-being and how we can best promote it in ourselves and our children. Drawing on the latest findings and research it helps to explain why what you do makes a difference.

The class will take place on Thursdays, 12.45pm to 14.45pm, at Tynecastle Community Wing starting Thursday 26th September 2013. For More information or to book a place, please contact Maysoon either by email maysoon@healthallround.org.uk or by phone 01313371376. Creche is available but must be booked in advance.

Health Fair (Oban)

Lorn and Oban Healthy Options is organising a community health fair on Saturday the 21st September 2013, 11am and 3pm, in Atlantis Leisure, Oban. The event will involve health and activity related organisations as well as members of the public, and will be a chance to learn about how they can improve their own health and the support available to them. There will be lots to do for everyone, from class demos to health tips and even healthy cooking demos and recipe cards.

Healthy Options is a community health initiative aiming to promote health and wellbeing. It works with a range of clients with different conditions that exercise and wellbeing would benefit, for example, depression, diabetes, obesity and cardiac issues. View more at <https://www.facebook.com/loholt>

Trellis Network Meeting and AGM (Peterculter)

Join Trellis on 23 September 2013 for a Networking Meeting and Trellis AGM at Easter Anguston Farm, Peterculter, Aberdeenshire AB14 0PJ from 9.30am-3.30pm. The day is FREE to attend and is for anyone interested in therapeutic and community gardening. It will offer a chance to meet people from other projects across Scotland, share ideas, good practice and support.

The day will also incorporate the Trellis AGM and a tour of Easter Anguston Farm. For programme of the day [click here for word document](#) or [here for the.pdf version](#)

BOOK HERE [click here for word document](#) or [here for the.pdf version](#)

Grow Your Group (Portlethen)

This free event, on Saturday 28th September, 10am – 3pm, at Portlethen Academy, Aberdeenshire, aims to provide information, guidance and inspiration for committee members, trustees and anyone else involved in the day-to-day running of community organisations. The emphasis for the day is very much on putting forward practical options presented by groups that have 'been there, done that and probably got the t-shirt' so that people in the audience can learn directly from others experiences.

Speakers include:

- Laurencekirk Development Trust
- Presentation on Funding
- Alan Young, CVS Aberdeenshire – Central & South

There will be workshops on governance, funding, evaluation, social media and recruiting and supporting volunteers. A light lunch will be provided. If you would like to attend, please contact Ed Garrett at ed.garrett@cvsa.co.uk.

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Conferences and Seminars

Today's Young People – Tomorrow's Future (Edinburgh)

This ASH Scotland event at Our Dynamic Earth on Thursday 3 October 2013 will capture ideas, explore solutions to real challenges and work towards creating environments where young people choose not to smoke.

The conference will bring together representatives from a wide range of sectors including education, youth work, health, residential care and young people themselves. It will engage with those who work with young people in community settings and will support delegates to implement policy into practice, with a strong emphasis on tobacco prevention, and on empowering young people. The main theme of the event will be creating environments where more young people choose not to smoke, which a key aim in the 2013 Scottish Government tobacco strategy, Creating a Tobacco- Free Generation.

For more information on the programme and registration details visit the website [Today's Young People - Tomorrow's Future Conference | ASH Scotland](#) or contact Marion McGovern 0131 220 9461 for more information.

Seminar on becoming an SCIO (Glasgow)

Snippets has previously highlighted that some CHEX members have become incorporated as Scottish Charitable Incorporated Organisations. For instance, in [issue 222](#) we covered some of the thinking behind Broomhouse Health Strategy Group's change of status.

This seminar in Glasgow on 19th September explores forming a new SCIO or converting your existing organisation into aSCIO. Trustees and staff will be equipped to look at the advantages the SCIO offers, such as the benefits of limited legal liability without being subject to the more complex regime that exists under company law. Legal advisors will look at any perceived disadvantages of the SCIO structure, and

address any concerns you may have. For more information, or to book a place, visit: www.scvo.org.uk/uncategorized/scio-structure-right-for-you/ or contact: tracey.bird@scvo.org.uk.

South Area Food Growing & Food Distribution Seminar (Glasgow)

This seminar will take place on Wednesday the 11th of September 2013, in the Pearce Institute, 840-860 Govan Road, Glasgow G51 3UU. The time of the seminar has yet to be confirmed but is likely to be 10am-3.30pm with a networking lunch provided, further details and seminar programme will follow nearer the event. If you are interested in attending this event, please contact Paul Lafferty by email at Paul.Lafferty2@ggc.scot.nhs.uk

Young Women's Network Event (Glasgow)

This event, organised by the Young Women's Network, has been set up to discuss and explore the sexualisation of young women. Pressure to conform, the media, social media and commercialism all contribute to the increased burdens faced by young women today. Many have spoken about the difficulties in challenging stereotypical images, TV and magazine reports as well as peer pressure. There will be speakers and workshops on the day.

The event will take place on Saturday 19th October in the Teacher Building, St Enoch Square Glasgow. To come along to this event visit www.swcyoungwomen.eventbrite.com or call 0141 339 4797.

Highland Third Sector Conference (Inverness)

This Conference, at Eden Court Theatre, Inverness, on Thursday, 10th October 2013, aims to celebrate third sector activity in the Highlands and increase understanding about the diversity and strength within it. The event should be an opportunity to network and attend some interesting sessions of relevance to your role.

Further details are provided in the attached conference flyer and to book please follow this link to the registration form: <http://htspconference2013.eventzilla.net>

In addition the Third Sector Awards will be presented at the conference that celebrates and recognises those groups and individuals that have achieved so much for the sector and the wider community. If you would like to nominate a person or group for a particular category please consult and fill out the nomination form located on our events page. Please also note that nominations close Friday 6th September with the panel's decisions being circulated around the 30th September.

Children in Scotland Annual Conference 2013 (Paisley)

In partnership with Renfrewshire Council, Children in Scotland's Annual Conference will take place on Tuesday 5th and Wednesday 6th November in Paisley. Conference themes will include: engaging and answering to children and young people; delivering the outcomes for the Children and Young People's Bill; universal services; evidence based policy and practice; service integration; and building skills and developing capacity

Confirmed speakers include:

- Sir Harry Burns, Chief Medical Officer for Scotland
- Derek Mackay, Minister for Local Government and Planning
- Professor Pat Dolan, M. Litt PhD., UNESCO Chair and Director, Child and Family Research Centre, School of Political Science and Sociology, NUI Galway

- John O'Dowd, Consultant in Public Health, Greater Glasgow and Clyde NHS 'in conversation' with Harry Burns
- Tam Baillie, SCYPP – Chairing a session on rights

Early bird discount of 15% on bookings made before 27 September 2013. [Click here](#) to view the programme and book today.

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Training

Street Audit Training (Aberdeen, Perth, Fort William and Ayr)

Living Streets will be delivering Street Audit Training at 4 venues this Autumn, providing support to local groups to undertake audits of their area. This training is free and is allocated on a first come first served basis. Training is scheduled to take place in Aberdeen on October 8th, Perth on October 29th, Fort William on November 12th and Ayr on November 19th.

Living Streets Scotland's Walkable Communities project supports communities to improve their local walking environments and encourages more everyday walking, using LS's Community Street Audits. Living Streets has worked with communities to improve conditions for walking: reducing litter, removing obstructions, renewing surfaces, improving lighting and lots more.

If you'd like to register for training you can do this from the [Living Streets website](#). See the news item above for more news on the Walkable Communities project.

REHIS Elementary Food and Health course (Campbeltown)

Places are available on this accredited one day basic nutrition course that CFHS will be running in Campbeltown on 24 September. Bookings are especially welcome from staff and volunteers working with families with children aged 0-8. To book a place, contact anne.gibson5@nhs.net.

Postgraduate Diploma in CLD approved! (Dundee)

The Community Learning and Development Standards Council describes in its latest news letter that it has approved the University of Dundee's Postgraduate Diploma in CLD for a period of five years as of August 2013. The panel was very impressed with the University's submission and commended the wide range of CLD experience of the staff on the teaching team and the strong links made in the proposed programme to CLD Competences, principles and values. [Read the full story here](#).

Free Discrimination Law Training (Dundee)

On Wednesday 11 September 2013 The Equality and Human Rights Commission will be in Dundee to hold a networking lunch and afternoon of training aimed at organisations providing advice and support to people who may experience discrimination.

Focusing on individual protection against discrimination the training will provide an update on discrimination law and, by using case studies, build knowledge of how to identify and tackle discrimination. Lunch will be provided at 1pm, training will begin at 1:45pm and end by 4:30pm.

The event is for people who give advice directly to the public, particularly on behalf of voluntary, community and legal organisations.

To attend, please send an email with your details to equalityactscotland@equalityhumanrights.com including any requirements you may have including access, dietary or communication support.

Free financial awareness training (Fife)

A collaboration between [Fife Housing Association](#) (and partners in the Fife Housing Register) and social enterprise [The Plan B Partnership](#) has created an education-based pilot project called The Fife FACT (Financial Awareness & Confidence for future Tenants) Initiative for people who are currently homeless, housed but awaiting re-housing or who are newly housed in the social sector in Fife.

If you would like to find out more, contact Plan B [by email](#) to take part in a short online survey (one for service users and one for service providers). Clients who fit the criteria can be referred to the course which takes place from 27-30 August inclusive. Spaces are free of charge, and childcare and travel costs are also provided.

Healthy Working Lives training (Nationwide)

The Scottish Centre for Healthy Working Lives aims to give people the opportunity to work in ways that sustain and improve their health and well-being, whatever they want to do for a living, and wherever they are in Scotland. The centre, which is part of NHS Health Scotland, organises a wide range of events throughout Scotland from health and safety training to health promotion.

Upcoming events include training on [mental health in workplace](#) in Stornoway, [Sensible Risk Assessment](#) in Oban (3rd Sep), [Fire Safety Awareness](#) in Coatbridge (3rd Sep), [Resilience and Wellbeing Training](#) in Glasgow (5th Sep) and [Alcohol and Drugs Training for Managers](#) in Glasgow (11th Sep).

Visit www.healthyworkinglives.com/events for the full list of events and training.

Easy information (Glasgow)

SCLD is offering a one-day training course on Tuesday 26th September, 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 goes through all the steps involved in creating easy to understand information, including:

- 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.

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

ESF funded Elementary Food Hygiene course (Inverurie)

This This one day course, on 18th September, 9.30am - 4.30pm, at Community Kitchen, Wyness Hall, Inverurie, is free to voluntary sector organisations And involves a short exam covering the course content, which leads to a nationally recognised qualification in Food Hygiene awarded by The Royal Environmental Health Institute of Scotland. Participants will gain a practical understanding of food safety systems. To book a place, contact Shirley Leask at: admin@cvstraininginitiative.org.uk or call 01358 722003.

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Vacancies

Greenspace Board and Chair

Greenspace Scotland is advertising for a new Chair and three Non-Executive Directors/Trustees to join its board. These are voluntary positions; members of the board and the Chair are unpaid but reasonable out-of-pocket expenses will be reimbursed. Visit <http://www.greenspacescotland.org.uk/jobs.aspx> for an application pack. The closing date for applications is Friday 20 September. Interviews will be held in Stirling on Thursday 10 October.

Development Officer (East Dunbartonshire)

Walking & Arts Learning Knowledge (W.A.L.K) is seeking to appoint a self-motivated and flexible Development Officer (£20,457 - £23,723) who will be responsible for the successful delivery and sustainability of the W.A.L.K. programme across East Dunbartonshire. Candidates must be approachable, adaptable, inclusive and respectful with a proven track record of project management (planning and delivery). Experience of working with partners and stakeholders is essential to the post. The post holder will require to co-ordinate and support delivery of walks & arts events to provide opportunities for target groups. For further information and to apply visit [myjobscotland](#). Closing date: 10 September 2013.

Development Officer (Edinburgh)

Fast Forward is seeking to recruit a Development Officer (£23,997) who will coordinate and develop a new national Black and Minority Ethnic (BME) Communities Project. Ideally you will be professionally qualified/ experienced in youth work/ community development or health promotion. The post will work with communities, organisations and infrastructures to build capacity and increase substance misuse education and prevention awareness within Black Minority Ethnic (BME) communities across Scotland. Experience of working in BME communities is an advantage.

For an application pack please email admin@fastforward.org.uk or download them from [goodmoves](#). Closing date for applications is 12 noon Monday 23rd September and interviews will be held in Edinburgh on Wednesday 2nd October.

Communications & Engagement Officer (Edinburgh)

Young Enterprise Scotland is advertising for a Community Project Officer (£23,000 pa) to co-ordinate the delivery of a professional training and work programme for apprentices and trainees. The service will specifically target the regeneration of communities and delivering the services through community engagement projects. Visit [goodmoves](#) for application details. Closing date is the 6th September 2013.

Development Workers (Edinburgh)

Edinburgh Development Group is advertising for two Development Workers (£25,200 pro-rata, 20 hours per week) to design, develop and implement projects which support people with learning difficulties and their families to have extraordinary and valued lives. In particular, to make and use opportunities to encourage and promote choice and inclusion. To achieve this with person centred planning, support brokerage, asset based community development and co-production tools. Download application details and forms from [goodmoves](#). Closing date 9th September 2013 @ 9am. Interview will be held on Friday 20th September 2013.

Senior Development Worker – career break cover (Edinburgh)

Pilton Community Health Project is recruiting a Senior Development Worker (£29,448 pro-rata, 28hrs per week, career break cover). The successful candidate will manage a high achieving team of community development workers focusing on food, active lives and community cohesion, as well as a team of health information volunteers. They will also join the Senior Management Team at the project and take an active role in the implementation of the strategic plan. Full details on [goodmoves](#). Closing date: 23 September 2013.

Volunteer Development and Recruitment Worker (Glasgow)

Greater Pollok Integration Network is looking for an enthusiastic, self-motivated and organised person (£23,660 pro-rata, 1 year, 21 hours pw) to work with five community organisations to help recruit & train new volunteers, and to create and implement volunteer policies. You will have excellent networking skills, experience of managing volunteers and of delivering training. See more at [goodmoves](#). Closing date: 6 September 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

Associate (Glasgow)

IRISS is seeking an IRISS Associate (£37,382 to £45,941) for six months from October 2013 to deliver the second phase of its Imagining the Future project. This will set an agenda for the social services workforce in Scotland to 2025 and develop awareness of a range of ideas and resources.

For further information about this post and application forms, please visit the IRISS website. <http://www.iriss.org.uk/jobs/iriss-associate-imagining-future/>. The closing date for applications is 5pm on Thursday, 5th September 2013.

Volunteer Co-ordinator (Glasgow)

The Concrete Garden is looking to recruit a dynamic, highly motivated, volunteer coordinator to set up and manage an innovative volunteer programme between 4 local organisations working in North Glasgow.

This post would suit candidates with experience in 'startup' volunteer projects. It is essential that the successful candidate has the knowledge and skills to hit the ground running with a good grasp of volunteer policy and procedure, a firm understanding of support and supervision structure and an existing network of contacts within the volunteering sector.

More information from Moira Ann McCaig [email](#). Deadline for applications: Friday 6 September, 8am.

National Volunteer Co-ordinator (Glasgow)

Roshni wishes to recruit a National Volunteer Co-ordinator (£22,500) to develop and enhance roshni's volunteer programme. The role will involve assessing the organisation's volunteering needs and then working to meet those needs by developing a volunteering infrastructure and recruiting, training, and managing additional volunteers. Application forms and specifications can be downloaded from [goodmoves](#). Closing Date: 5pm Friday 13th September 2013.

Centre Manager (Inverness)

Changeworks is looking for a Centre Manager (£40,000) for its work in the Highlands and Islands to deliver a high quality, customer focused service managing the Home Energy Scotland service in the Highlands and Islands. The role requires a strong, inspiring leader, with excellent communication skills who will be responsible for the delivery of the Home Energy Scotland service in the Highlands and Islands funded by the Scottish Government under contract to the Energy Saving Trust.

For an application pack please visit <http://www.changeworks.org.uk/jobs.php#CMHI> or contact 0131 555 4010 or email recruitment@changeworks.org.uk quoting the role and reference CMHI. Closing date: 5pm Tuesday 10 September.

Youth Development Worker (Penicuik)

Penicuik & District YMCA-YWCA requires a Youth Development Worker (£15,500 pa, 3 days pw) to develop, in partnership with Midlothian Council's Community Learning and Development and Education departments, the Community Safety Partnership, YMCA Scotland and community and other agencies, a Youth Plan to serve the needs of people aged 12 to 24. In particular, the task will be to provide opportunities for out-of-school and post-school experiences, life-skills training and mentoring for vulnerable and disengaged young people.

For a full Job Description, Person Specification and Application Pack, visit the recruitment page of <http://www.penicuikymca-ywca.org.uk> or phone 01968 674851.

Closing date: 5pm, Thursday 12-September-2013

Manager (Perth)

PKAVS (Perth & Kinross Association of Voluntary Service) seeks a Manager (£26,852 - £30,011) to take a lead in the management of Voluntary Action Perthshire – the Third Sector Interface, which supports, promotes and represents the Third Sector in Perth & Kinross as part of the leading local charity PKAVS. The postholder will direct the delivery and development of the Interface's key functions to the local Third Sector, ensuring performance, quality and achievement of all outcomes. You will be required to engage at a strategic level to fulfil and develop PKAVS' role as a Community Planning Partner. More details on [goodmoves](#). Closing date: 4 September 2013.

Young Carers Service Manager (Stirling)

Stirling Carers Centre is looking for a Young Carers Service Manager (£23,082) to coordinate and manage a small yet dedicated and supportive staff team to assist young carers to explore and action their issues in creative ways. Whilst a relevant qualification is desirable, experience of managing staff, managing projects, report writing, working directly with young people, and being able to engage with young people are key features of this post. Application packs can be downloaded from www.carers.org/local-centre/stirling or contact Stirling Carers Centre, 65-69 Barnton Street, Stirling FK8 1HH Tel: 01786 447003 Closing date: 20 September 2013.

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Websites

Legacy in Action map

The Legacy team at Glasgow 2014 have created a map to show the range of legacy activity across the whole of Scotland. You can search by postcode or location to see if and how your community is involved. The website has information on what legacy is, how to get involved and case studies of activity. [View the map](#).

Another place you can go to find out about Games-related legacy work is the website of CHEX parent organisation SCDC (Scottish Community Development Centre). SCDC was funded by the Scottish Government up until earlier this year to conduct community legacy work with community groups in Scotland. Click [here](#) to see some of the work that went on.

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