



Issue No 245, 14th November 2013

Hello, and welcome to issue 245 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 28th November 2013**. Please send anything you would like to be included before Tuesday 26th.

You can send information/material for inclusion in CHEX-Point Snippets by sending an email to sam@scdc.org.uk or phone CHEX on 0141 248 1990. CHEX-Point Snippets is provided by CHEX – Community Health Exchange and this edition was compiled by Sam Jordan and Andrew Paterson. Thanks to all contributors to this edition.

Regards
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Policy and Research Officer, Scottish Community Development Centre

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CHEX News

News from the Network – Broomhouse Double Celebration

In each edition of Snippets we like to profile some news from organisations which are part of the CHEX Network. For this issue, we are happy to include the press release from CHEX Network member, Broomhouse Health Strategy Group about their 20th anniversary celebrations and a European award!

Broomhouse Health Strategy Group, a local charity health project in SW Edinburgh has more reason than most to celebrate. Not only has it reached the amazing milestone of running for 20 years, but it is a winner of the 2013 Active Citizens of Europe Award. The award recognises the invaluable contribution of individual volunteers and volunteer-involving organisations to social cohesion and Active Citizenship in Europe. It was presented to the charity at the Award Ceremony in Bucharest last week.

The volunteer-led project held a free Street Party in Broomhouse in August to share its anniversary celebrations with the local community, and last week held a reception in the City Chambers. The event was kindly hosted by the Lord Provost Donald Wilson, to say thank you to funders and volunteers, both past and present.

It was 20 years ago that three local women's groups' organised a Community Health Day in Broomhouse as they decided there wasn't enough happening locally to support the health and wellbeing of local residents. This led to the setting up of Broomhouse Health Strategy Group and its volunteer-run fruit and veg shop, which has been open ever since!

Lucy Aitchison Project Co-ordinator said "We would not have lasted were it not for the support of many people over the last 20 years. It's a great opportunity to share our thanks with all volunteers, funders and organisations that have helped us on our remarkable journey. We are a thriving organisation and love connecting with the local community, so they know how we can help them improve their health. Whether it's through coming to one of our cookery classes, to learn to cook more healthily, or coming to the shop to pick up one of our Recipe Bags – there's plenty we can do to support them."

Lord Provost Donald Wilson added "They are to be hugely congratulated for receiving the Active Citizen of Europe Award – it reflects just how successful they are in working with local volunteers to help make positive changes in peoples' lives."

As a result of the European award, Gordon MacDonald MSP has lodged a motion on Broomhouse's behalf, urging that the Scottish Parliament congratulates the

Broomhouse Health Strategy Group on winning an Active Citizens of Europe Award 2013.

Lastly, Broomhouse recently posted [a film on YouTube](#) of the transformation of Broomhouse Market that the organisation undertook last year, which was funded by the Dulux Let's Colour Community Initiative.

Broomhouse Health Strategy Group promotes healthy lifestyles to the communities of Broomhouse, Sighthill & Parkhead in Edinburgh, recognised areas of deprivation. It provides easy access to healthy, affordable food through the running of a fruit & veg food co-op, run by volunteers, open five mornings and two afternoons each week. The group also runs cookery classes, exercise classes and a Healthy Walking Group, a free Home Delivery Service and Health Drop Ins. Find out more at www.healthstrategygroup.org.uk/

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 sam@scdc.org.uk, or phone 0141 222 4837.

The Community Empowerment (Scotland) Bill consultation draft

The Community Empowerment Bill (Scotland) consultation draft has now been published by the Scottish Government. You can download the PDF of the consultation paper [here](#) and you can see the consultation details [here](#).

Meanwhile, Community Development Alliance Scotland has published an extensive run down of the Bill's details, which you can view [here](#).

SCDC will be issuing briefings, organising consultations and dialogue session around the Bill soon and we will also be tracking the responses for both community development practitioners and community organisations during the consultation period. CHEX recommends that community-led health organisations take on the chance to contribute the consultation while it remains open.

Along with this the Community Development Alliance Scotland and SCDC will be hosting a workshop to bring together discussion around the implications of the Bill and how people involved in community development should respond to the consultation. The vent will be held in central Edinburgh on the 12th December 2013, from 10:30am – 1:00pm. Further details will be available soon.

For more information please contact stuart@scdc.org.uk.

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General Information

£1 Million Community Transport Fund Announced

The transport minister Keith Brown this week announced a new £1 million fund for community transport vehicles across Scotland. The fund is designed to help community transport operators expand their services and replace older vehicles in an effort to increase the short-term support that these services require.

“I recognise that help is needed in the short term and this will provide much-needed financial assistance to operators who, as part of the third sector, run vital services for remote communities and vulnerable and disadvantaged groups. It will also help mitigate the impact of welfare reform,” Mr Brown said in a speech at the Community Transport Association conference.

The fund itself will be administered by CTA and SCVO and will be a one-off fund, although the minister hinted that the government will be looking at the level of interest to determine if further support would be provided in the future.

We'll update with further details of how to apply once they become available.

Extension of flu immunisation programme

The flu immunisation programme is being extended to include all children and young people aged 2 -17, principally delivered through GP practices for pre-school children and primary and secondary schools for school-aged children.

The aim of the childhood flu programme is to protect children from flu and to reduce the chances of them spreading the virus to others and those most vulnerable to infection. It will have real benefits. In Scotland, around 5,000 children under 14 have to go to hospital each year with flu or complications arising from flu.

As this is a large new immunisation programme, we are going to introduce it in phases over the next few years. This winter, 2013, the immunisation will be given to all 2 and 3 year olds and a small number of pupils in selected primary schools/classes across Scotland.

Please visit www.immunisationscotland.org.uk/childflu to access leaflets for parents to enable informed uptake of the flu vaccine, as well as posters for key settings. To access general seasonal flu materials go to www.immunisationscotland.org.uk/flu

Parents/Carers and other members of the public should be directed to the national immunisation website www.immunisationscotland.org.uk or NHS Inform for any queries relating to the programme - 0800 22 44 88 (textphone 18001 0800 22 44 88). The helpline is open every day 8 am to 10 pm and also provides an interpreting service.

Scotland's Towns Week – 18-24 November 2013

Scotland's Towns Partnership is launching Scotland's Towns Week all of next week and aims raise the profile of Scotland's towns; uniting, inspiring and supporting towns across Scotland, to run or launch activities during Scotland's Towns Week.

STP has a host of [information about various goings-on](#) across Scotland as part of the week as well as [information about supporting and promoting the event](#).

As part of this, Scotland's Town Conference will be happening at the Eden Court Theatre in Inverness on Friday 22nd November. Over 150 stakeholders will be taking part and experts from across the country will be speaking about the future of Scottish towns. You can find more about the conference [here](#).

NHS Patient Involvement – changes to encourage public engagement

New methods of engaging the local community with health boards will increase across the country, the Scottish Government has announced.

Health Secretary, Alex Neil, has said that following a pilot project health boards will now advertise posts more widely and adopt a more pro-active approach to broaden the range of applicants who apply – all in an effort to further represent the public and communities at a board level.

This decision follows two-year pilot projects at NHS Fife and NHS Dumfries and Galloway, where direct elections to health boards meant that members of the public were able to stand. Lower engagement than expected has resulted in this new pro-active approach, which has been tested by NHS Grampian and NHS Lothian who advertised for two new board members on local radio, newspapers and flyer distribution.

“We have continued to evolve our methods of recruitment in relation to public appointments, which has seen a more diverse range of applicants coming forward to serve on our boards, better reflecting the spectrum of Scottish society and we intend to build on this approach through a range of strengthened arrangements and new measures which will be set out in a consultation paper to be published early in 2014,” Mr. Neil said.

Join the Xchange Scotland anti-sectarianism poster project in Glasgow

Xchange Scotland been funded by the Scottish Government to develop its project “Make sectarianism a history lesson” until March 2015. Through this project, Xchange intends to build and strengthen partnerships with a diverse range of community-based groups to tackle Intra-Christian Sectarianism in 5 different areas across Glasgow: Yoker & Dumbarton Road Corridor (NW), Ruchill & Possil (N), Castlemilk (SE), Pollok (S) and Govan (SW).

This will be done through delivering poster-writing workshops to create posters that will be locally disseminated and used as a tool to engage with & within the communities and to promote the much-needed dialogue on Intra-Christian sectarianism.

If you or your organisation, group or school would be interested in being involved with this project you can contact sos@xchangescotland.org or alternatively phone 0141 237 4767.

Paul Gray Appointed Director General Health and Social Care and Chief Executive of NHS Scotland

The Scottish Government has announced that Paul Gray has been appointed as Director General Health and Social Care and Chief Executive of NHS Scotland.

Mr. Gray, currently holds the position of Director General for Governance and Communities replaced Derek Feeley, who left the Scottish Government in July. Mr. Gray has a background in a range of subjects, including being Director of Social Justice, covering social inclusion, equalities and voluntary issues.

Mr. Gray, who will take over the position in December, said in a statement:

"It is an outstanding privilege to be appointed to serve as Director General for Health and Social Care, and as Chief Executive NHS Scotland. It is a crucial time as we drive forward greater health and social care integration, and improvements to the

quality of care, while maintaining high standards of performance and delivery.

I'm also looking forward to working with a range of people across the public sector and beyond in tackling Scotland's public health challenges, with a particular focus on tackling health inequalities.”

[There's more information here.](#)

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.

- Glasgow Housing Association's Welfare Reform Working Group wants to find out more about the extent of sanctions and their impacts among people using homelessness services in Glasgow. GHN would be grateful if you could encourage your service users to complete the survey, [which is available online here](#) by Monday 02 December 2013.
- Also from GHN is [this new guide](#) to exemption status from universal credit, the bedroom tax and benefit caps.
- From ITV, via [Inclusion Scotland](#), research by a University of Glasgow academic for the Scottish Parliament's Welfare Reform Committee finds the UK coalition government's 'bedroom tax' pushes poorest into debt.
- From the Poverty Alliance – the Scottish Campaign on Welfare Reform (SCoWR) is relaunches its [Manifesto for Change](#) today on 14th November.

News from other networks

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

- The [Community Development Alliance Scotland e-bulletin](#) is focusing well on the Community Empowerment (Scotland) Bill if you're looking for information surrounding that.

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Campaigns

Living Wage increases to £7.65 an hour In Scotland

As part of the annual 'Living Wage Week', the Scottish Living Wage Campaign and the Living Wage Foundation has announced the new living wage figure will be £7.65 an hour for the coming year, an increase of 20p.

As reported in previous issues of Snippets (e.g. [issue 238](#)) The Scottish Living Wage Campaign was established in the autumn of 2007 following a conference organised by the Poverty Alliance in Glasgow. Following this, a steering group was established for the campaign, which has worked hard over the past few years to build support for a living wage - calculated according to the basic cost of living in the UK. The campaign has a dedicated website which you can view [here](#).

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Consultations and Surveys

Helping to develop services for people with long term health conditions

Chest, Heart and Stroke Scotland, British Heart Foundation and British Lung Foundation are working in partnership to promote long term rehabilitation through Person-centred Activities for people with Respiratory, Cardiac and Stroke conditions in Scotland. The PARCS Project is researching what services and activities to support rehabilitation and self-management are available across the country, and how those services are being used. They will be reporting their findings to the Scottish Government next year.

Brightpurpose has been employed to carry out part of the research on behalf of the partner organisations. To complete their research they would like to meet people who have one of these conditions and who are prepared to talk to them about their experiences. They want to speak to people who are or have been involved in activities, such as physical exercise in the community, and those that haven't, for whatever reason.

Though the project is examining the whole of Scotland this particular part of the research is focused on:

- Ayrshire and Arran
- Glasgow and Greater Clyde
- Highlands – in particular Kyle of Lochalsh, Lochaber, Skye and Inverness

If you are a group working with communities in these areas and have people who may have one of these conditions Brightpurpose would like to hear from you. They will tell you more about the work and how they would like to engage with your members to gather some of their experiences.

Brightpurpose state that this research is important and may help the future development of rehabilitation services in Scotland so if you think you can help please contact Sam.frost@brightpurpose.co.uk.

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Publications

GHN's quarterly monitoring: the sharp end of homelessness

Glasgow Homelessness Network has led a long-term programme of work to establish a homelessness monitoring system, with close guidance and advice from experienced academics and third sector homelessness services. To assist those tackling homelessness across the City, GHN now publishes quarterly reports, with the latest uncovering a large number of people using third sector homeless services who are not presenting to the local authority for homelessness assistance. Among those that did, the majority did not receive a positive housing outcome, with rough sleeping resulting in most cases. The full quarterly report can be downloaded from www.ghn.org.uk/QuarterlyReporting. For those who would like a fuller picture of homelessness and rough sleeping in Glasgow and to get more involved, [click here](#) (PDF).

Shared Strengths report

In May 2013 Shared Strengths hosted an event in Glasgow to promote and maintain wellbeing, learn from each other and begin to have difficult conversations with family friends and service providers about self-harm.

This was the first event hosted under the name Shared Strengths. This is an informal network of people and organisations who recognise that some adults use self-harm as a way of coping. The event was hosted by Outside the Box and supported by a number of individuals and organisations within the Shared Strengths network. This included Renfrewshire Choose Life, and West Dunbartonshire Community Health and Care Partnership.

The report from the day is now available to download from:

www.otbds.org/sharedstrengths

Child Poverty & Devolution

The Joseph Rowntree Foundation has published a new paper which provides an overview of devolved strategies to tackle child poverty in the UK, building on existing work assessing the impact of devolution for low-income people and places. It is part of JRF's anti-poverty programme, which seeks to produce an evidence-based strategy to reduce poverty across all age groups and each nation in the UK. To download the paper [click here](#)

Community capacity building one of WHO's solutions for bridging health divide

The European branch of the World Health Organisation (WHO/Europe) has published an extensive report looking at health inequalities across Europe and suggesting a range of 'upstream' solutions to tackling these. The report reinforces the message that people's health is shaped by the conditions in which they live, work and age, and that action is needed to improve them. The scope is wide, with recommendations affecting policy areas ranging from health care to the environment, and an emphasis is put on early years, including families and education.

Social cohesion is another policy area given prominence in the report, and CHEX is particularly drawn to the section on p167 on community participation and engagement, which highlights the importance of involving communities and giving them control over their assets and lives. Furthermore, the report states:

"Rather than building capacity from outside, empowering social, political and economic systems that release capacity within organizations, professional groups and disadvantaged groups should be created. Different types of knowledge and evidence are needed, built on the experience and interpretation of people in the groups and communities affected."

Recommendation 2(b) reads "Ensure concerted efforts are made to reduce inequities in the local determinants of health through co-creation and partnership with those affected, civil society and a range of civic partners"

Who can access the report from WHO/Europe's website [here](#).

Long term monitoring of health inequalities

The Scottish Government has published the latest [Long-term Monitoring of Health Inequalities: Headline Indicators](#) report. This is the sixth annual publication on headline indicators following the *Equally Well (2008)* report of the Ministerial Task Force on Health Inequalities.

The gap in health outcomes between the most deprived and least deprived areas of Scotland is reported for a variety of indicators in both absolute and relative terms. The latest figures include data up to 2011 for most indicators.

Findings include:

- The highest level of relative inequality continues to be seen in alcohol-related deaths among those aged 45 to 74 years. However, this rate has fallen to its lowest level in the reporting period (1998 to 2011). Relative inequality levels for first alcohol-related hospital admissions have remained stable since 1997.
- Despite stabilising in recent years, the level of relative inequality for deaths among those aged 15 to 44 years has increased since 1997. A similar pattern can also be seen in deaths among those aged under 75 years.
- Between 1997 and 2011, the death rate for coronary heart disease (CHD) among those aged 45 to 74 years fell by 61%. The reduction was slower in the most deprived areas of Scotland than elsewhere, meaning that relative inequality has increased slightly over the long-term while the absolute inequality gap has narrowed. However, there are signs that relative inequality has stabilised in recent years.
- Despite no clear long term trend, in recent years heart attack hospital admission rates have increased and inequalities widened.
- Over the longer term, most indicators have shown signs of stability in one or both measures. Inequalities in low birthweight are now stabilising having decreased between 2006 and 2008, while other indicators, such as CHD deaths, have stabilised following increases in inequality.

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Funding

Volunteering Support Cluster – Voluntary Action Fund

The Volunteering Support Cluster (VSC) offers funding to groups of third sector organisations to create new or enhanced volunteering projects, increasing the diversity of volunteers, especially those from disadvantaged groups, and improving opportunities, skills and personal development through volunteering. The grant also supports third sector organisations to enhance their services and improve their capacity to deploy, support and train volunteers. Funding of up to £30,000 is available for up to 12 months activity.

Successful applicants will demonstrate that by the end of the grant, their project will have delivered the following outcomes:

- created new volunteering projects , or extend an existing one with additional volunteers that will increase the diversity of volunteers, especially those who experience disadvantage;
- provided improved opportunities for skills and personal development through volunteering;
- improved the organisation’s capacity to deploy, support and train volunteers; and
- enhanced the services they deliver to better meet the needs of the

communities they operate within.

[Visit the VAF website to find out more.](#)

The Alliance – Self-Management Fund

The Self-Management Impact fund is currently open to applications. This is the third round of the Impact fund and closes at 5pm on Friday 20 December 2013.

The fund provides a unique opportunity for third sector organisations and partnerships to develop and strengthen new ideas as well as existing approaches to self management.

Read the [guidance](#) for information on the funding criteria and how to apply to the fund. You may also find the [Frequently Asked Questions \(FAQs\)](#) Sheet helpful. [Download the application form.](#)

[Find out more here.](#)

McDonald's Kickstart Grants

McDonalds has announced that the next deadline for applications to its Kick Start Grants Programme is the 31st December 2013.

The aim of the programme is to support community football throughout the UK. A total of £75,000 is available this year through the McDonalds Kick Start scheme and local community football teams can apply for grants of between £500 and £2,500 for activities such as:

- Improving club facilities
- Grounds-keeping tools; training courses
- Pitch hire
- Van hire
- Washing machines for kit; etc.

Individuals can apply for a grant on behalf of their club, as long as they are recognised by their national FA, and have at least one team at or below junior (U18) level. Applicants must be over 18 and involved with the club at some level, such as a coach, volunteer or parent.

More information is available [Here](#).

Community Food Fund

The next deadline for the Community Food Fund is 19th December and the fund is open for applications. Financed by The Scottish Government, the fund has been created to promote local food and drink across Scotland. The Community Food Fund will focus on two main outcomes:

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

To find out how to apply for up to £25,000, [click here](#).

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Events

Youth Connections and W.I.S.H.E.S Christmas Fayre

Youth Connections and the W.I.S.H.E.S Group are holding a Christmas fayre at Youth Connections, 1 Burns Square, Greenock on Saturday 16th November from 11am until 1pm.

Consultation on Scottish Government White Paper on Independence

Ethnic Minorities 3rd Sector Network [EM3SN], has announced a series of events focused on providing a platform for diverse Ethnic Minority communities/groups to learn about and discuss the future Scottish independence referendum. Due to the importance of the referendum, EM3SN aims to assist the diverse communities in being involved in the Scottish Government's upcoming White Paper, which will be published this month.

The guest speaker for the 20th January 2014 will be Nicola Sturgeon MSP, Deputy First Minister (Government strategy and the Constitution) and Cabinet Secretary for Infrastructure, Investment and Cities.

Places are limited on all 3 events. For registration please email em3sn@bemis.org.uk.

20th January 2014	Glasgow	Glasgow University	12.30-4pm
4th February 2014	Inverness	Johnston Carmichael, Clava House, Cradlehall Business Park, Inverness IV2 5GH	12.30-4pm
6th February 2014	Fife / Kirkcaldy	TBC	12.30-4pm

Growing Together , 20 November, SRUC Oatridge Campus, 9.30 am – 4 p.m.

This event will give community growers, community retailers (including food co-ops, fruit and vegetable stalls and barras) and Food and Health Alliance members an opportunity to find out more about each other and the work that they do and explore possibilities of working more closely together. 'Growing Together' is open to anyone involved in community growing, community retailing and in the Food and Health Alliance. While all sessions are open to anyone with an interest in the topics, the programme has been designed so that participants can attend the morning or afternoon sessions only or all day.

The event is free, lunch is provided & transport is available from Uphall Station. To book please register at www.farmgarden.org.uk/scotland and scroll down to 'Growing Together' Follow the links to register. For more information, contact Anne Gibson, anne.gibson5@nhs.net, 0131 313 7505.

Making a difference – understanding and supporting people with autism spectrum disorders

Date: 21 Nov 2013 Venue: Holiday Inn Glasgow-East Kilbride

Knowledge updates, great speakers, best practice and networking opportunities .MediaCPD are delighted to welcome you to this conference on "Making a difference – understanding and supporting people with autism spectrum disorders". The aim is

to provide you with information, best practice and practical strategies, so you can better understand and support individuals with autism reaching their full potential. The programme has topics delivered by experts who will inspire and challenge you along with making your learning informative.

[For more information please click here.](#)

Wisdom in Practice Edinburgh Event: Sharing ideas and experiences about services led by older people

On Wednesday the 27th November, Outside the Box will be hosting an event in Norton Park Conference Centre in Edinburgh.

The aim of the event will be to talk about experiences from projects in Scotland with presentations by a few projects. Experiences from co-production and capacity building programmes in other places. There will be opportunities to share what you are doing and get advice as well as more.

Please see the [event flyer](#) for more information. You can also find out more about the project by going to the web page: www.otbds.org/wisdom

Poverty and Ethnicity Seminar - Friday 22nd November 2013, 9.30am – 1.00pm - Scottish Youth Theatre, Glasgow

This half day, organised by the Coalition for Racial Equality and Rights, seminar is an opportunity to explore new research on poverty and ethnicity in Scotland. It aims to bring people with an interest in poverty and ethnicity together with the researchers studying these issues, discussing the latest research findings and their implications for tackling economic disadvantage.

There is no charge for attendance, and the seminar is open to everyone. It may be of particular interest to people working or volunteering in the fields of race equality, anti-poverty and community development, as well as service providers, academic institutions, trade unions and local or national government.

To register [click here](#).

respectme Annual Conference

Crowne Plaza, Glasgow, Tuesday 19 November 2013

The respectme annual conference will be held on Tuesday 19 November at the Crowne Plaza in Glasgow. This year's conference is being delivered in partnership with ChildLine and will give delegates from different sectors across Scotland the opportunity to come together to discuss their views on a number of bullying related issues.

For further information, visit the [respectme website](#)

Lothian Community Health Initiatives' Forum Seminar: Hate Crimes/Hate Incidents and their Impact

This half-day (morning) event will give an insight into and understanding of Hate Crime/Hate Incidents and their impact

on people with Learning Difficulties (facilitated by [People First \(Scotland\)](#)) and on the LGBT community (facilitated by [LGBT Centre for Health & Wellbeing](#))

Date: Thursday 12th December 2013

Times: 10.00-1.00 including light lunch (exact times tbc)

Venue: to be confirmed

This workshop is open to all Project managers and staff. Places at this event will be limited, so book your place now by emailing your name(s), name of Project, and no.

of spaces required (this may be limited if we have high demand for the event) to Claire Stevenson on Claire.Stevenson@nhslothian.scot.nhs.uk as soon as possible.

Manifesto for Change: Principles for a new approach to social security

Scottish Campaign on Welfare Reform (SCoWR) Manifesto updates principles agreed by a broad coalition of campaigners, charities, faith groups and trade unions seeking a different approach to reform of the social security system. The launch event offers the chance to hear SCoWR members outline their Manifesto principles and hear politicians from Westminster and Holyrood reflect and respond to their calls.

Keynote Speakers Include:

Sheila Gilmore MP – member of the House of Commons Work and Pensions Committee

Lord Kirkwood – Liberal Democrat peer and former Chair of Commons Work and Pensions Committee

Jamie Hepburn MSP – Deputy Convener, Scottish Parliament Welfare Reform Committee

Event Details:

Where: Scottish Storytelling Centre, 43-45 High Street, Edinburgh

When: 12.30–2pm Thursday 14th November 2013

Lunch will be provided.

LGBT Health Winter Concert

LGBT Health are hosting Winter Concert on Sunday 8th December, 3-5pm at the Serenity Café to celebrate the LGBT community in across Edinburgh's with a host of local entertainment.

Where: Serenity Café, Serenity Cafe 8 Jackson Entry Edinburgh EH8 8PJ - <http://www.serenitycafe.co.uk/find-us.php>

When: Sunday 8th December, 3-5pm

Tickets: £2.50 if you're not in full-time employment, £5 if you are

Book now: admin@lgbthealth.org.uk or call us to book on 0131 523 1100

The British Institute for Learning Disabilities (BILD) - Undateable? Not me!

A day of people's stories and practical advice about friendships and relationships; about meeting, dating, spending time together or breaking up; about sex and your right to choose; and about keeping healthy and staying safe, too.

It's an event for organisations too, as people with learning disabilities and autism want the kind of support that helps them make their own choices and decisions about all aspects of their lives and that can be difficult to support and facilitate.

Booking for this event is through the British Institute for Learning Disabilities (BILD). You can telephone 0121 415 6970 or email learning@bild.org.uk to book. [You can also book online here.](#) [You can download the full flyer and a paper booking form here.](#) If you would like to have an exhibition stand at this event, you can [download details about this and a booking form here.](#)

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Conferences and Seminars

Faculty of Public Health annual Scottish conference (Dunblane)

This year's Faculty of Public Health annual Scottish conference will take place at Dunblane Hydro Hotel, on the 7th and 8th November 2013. The title for this year's conference is "Making Scotland a Healthier Place". Although health in Scotland has improved markedly over the last century, stubborn health inequalities persist. Efforts to improve public health and reduce health inequalities are currently set against a backdrop of recession, referendum and reforms to the welfare system.

This year's programme and speakers reflect the breadth of public health. Conference themes include inequalities, the determinants of health, climate and sustainability, Commonwealth Games, child health, environment, transport and infrastructure, reform and renewal, and wellbeing. For further information on this year's conference see the conference website at <http://www.fphscotconf.co.uk/>. This includes information on how to register and the full [conference programme](#).

Meeting the emissions reduction targets (Edinburgh)

Low Carbon Scotland is holding an event on the 4th December 2013 at Our Dynamic Earth, Edinburgh. Speakers have been confirmed as Paul Wheelhouse MSP, Minister for Environment and Climate Change, Derek Mackay MSP, Minister for Local Government and Planning, Professor Jim Skea, Founding Member, Committee on Climate Change and Chair in Sustainable Energy and Phillip Hoff, Chief Executive, Homes for Scotland. [Download the flyer](#) and [click here to register for the event](#).

Drawing It All Together – Voluntary Health Scotland Symposium & AGM (Edinburgh)

This free event for Voluntary Health Scotland members and other champions of the voluntary health sector will take place on Thursday 28 November, 10.00am – 4.00pm, at Quaker Meeting House, Victoria Terrace, Edinburgh EH1 2JL. With speakers from different NHS Boards and independent bodies contributing, the event will explore & discuss four big themes:

- Tackling health inequalities for a fairer, healthier Scotland
- Integrating health and social care for better services for adults
- Improving health and third sector engagement and partnerships
- Weathering the storm? Small countries, public services & austerity

Complete the [registration form](#) to sign up.

Places and Spaces for Health and Wellbeing (Edinburgh)

This conference, on November 25th, CoSLA Conference Centre, Edinburgh, will examine the connections between health and wellbeing, place making and use of urban open spaces. In addition, it will summarise the relationship between open space in relation to physical and mental health, and environmental, economic, social and cultural wellbeing, through expert analysis and evidence based case studies. Confirmed speakers at this event include Prof David Miller of the James Hutton Institute, Sheila Beck of NHS Health Scotland and Craig McLaren of RTPI Scotland. You can register by [clicking here](#) or completing the form in the brochure. If you require any further information, please contact Andy Crielly at Spectrum Events on 0131 553 9386 or andy@spectrum-events.co.uk.

The Possible Scot – realising Scotland's potential for wellbeing and recovery (Edinburgh)

The International Futures Forum and the Royal Society of Edinburgh are hosting the Michael Shea Memorial lecture, this year presented by Katherine Gottlieb of Southcentral Foundation, Alaska. Southcentral Foundation, Alaska, has for twenty years been pioneering a new approach to enabling the health and wellbeing of the Alaskan Native population by drawing on the inner resources of its people and its culture. The event will take place on Monday 17th February 2014 6 pm, The Royal Society of Edinburgh. To book, please contact mairi@internationalfuturesforum.com asap as places will be filling quickly. [More info here](#).

Seizing Opportunities, Managing Risk (Edinburgh)

Social Firms Scotland is hosting its annual event, this year on the positive theme 'Seizing Opportunities, Managing Risk' in Edinburgh on 28th November. Cabinet Secretary for Finance, Employment and Sustainable Growth, John Swinney MSP will be the keynote speaker. Other speakers include Niall McShannon, MD at Clydesdale Community Initiatives, Billy Sloan, CEO at SCARF, and Peter Scott, CEO at Enable Scotland talking about how they are making the most of the current opportunities available for their organisation. For more information and to book your place on the [SFS website](#).

A Social Firm is a distinct type of social enterprise, created to provide employment, training and volunteering opportunities for people facing barriers in the labour market.

Bouncing Back: Building Confidence and Resilience in Children and Young People (Glasgow)

A One Day Conference on Tuesday 26th November, 2013 at Hilton Grosvenor Glasgow providing the opportunity to meet over 150 professionals from education, health and social care settings & key opinion formers from throughout Scotland. The organisers, Medica Cpd Ltd, are able to offer your organisation an exhibition stand at this event for a rate of £300 + vat. Spaces are now very limited. For more information or queries contact carolyn@medicacpd.com. Tel: 0141 428 3483 [Visit the website here](#) or [download a programme here](#).

Taking Meaningful Risks (Glasgow)

Taking Meaningful Risks is a one day learning event for leaders, senior managers and policy makers on January 30th 2014 in Glasgow. Organised by [Animate](#) with Nick Thorpe and Simon Malzer, the learning event starts from the position that without creative risk-taking there is no growth. To find the solutions to our current challenges, we need to take risks - yet as professionals it sometimes feels that the culture of health and safety shackles us to the least exciting possibilities. Balancing those two realities is one of the dominant leadership challenges of our time – but, the event will ask, what if the legislation & policies we love to hate were more safety harness than ball and chain? How then do we create space within team and organisational cultures that enables people to take risks?

Bringing together learning from health, social care and education and the voluntary and private sectors – with a keynote speech from author and adventurer [Nick Thorpe](#) - this one day event aims to re-awaken and re-frame the duty we have to take risks. The day will include a range of inter-active workshops and discussion spaces to think, learn and explore together actions we can take to help our organisations to develop a more meaningful risk taking culture.

Workshop details can be downloaded [here](#), or look up more on the associated [facebook](#) page for the event. Alternatively visit www.meaningfulrisks.eventbrite.co.uk.

NHS Health Scotland Children and Young People's Mental Health and Wellbeing

Event (Glasgow)

This event, on *Thursday 12th December, 10am- 3.30pm, IET Teacher Building, Glasgow*, is aimed at those with an interest in supporting improvement in children and young people's mental health and reducing inequalities which impact on their mental health.

Key note presentations will raise awareness of a variety of national developments in the field of children and young people's mental health and showcase illustrations of innovative projects being taken forward by local area partnerships. Workshops and the market place will provide an opportunity for discussion and debate about emerging developments and issues.

Speakers will include -

- The current picture of Children and Young people's Mental Health in Scotland - Dr Jane Parkinson and Elaine Tod (NHS Health Scotland)
- The impact of Mental Health and Wellbeing within the Curriculum for Excellence - Lesley Kirkwood and Suzanne Hargreaves (Education Scotland)
- Building capacity and confidence to address Young people's needs - Erica Stewart-Jones (NHS Health Scotland)
- Support for Young People - Pathway development - NHS Greater Glasgow and Clyde
- Project 99 - Youth Mental Health and Social Media - Young Scot/Snook/NHS GG&C

To register for this event, please visit the [eventbrite website](#).

Volunteer Development Scotland's AGM (Stirling)

Volunteer Development Scotland's 29th Annual General Meeting & 'Show and Tell' Event will take place on Thursday 5th December 2013. 1pm - 6pm at Jubilee House, Forthside Way, Stirling FK8 1QZ

The 'Show and Tell' event will enable you to find out about how VDS is simplifying and modernising its services to benefit all its customers. You'll be able to find out about VDS's new identity, new branding and website. Marketplace stalls covering VDS's services and resources will be available. VDS also seeks feedback from other organisations on how it can best use its new look and feel to raise their profile and help with their volunteering issues? More info [here](#) or via vds@vds.org.uk.

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Training

Move it Essentials (Cowdenbeath, Fife)

Move it Essentials provides an opportunity for youth workers, volunteers and young leaders to improve their skills in getting girls and young women more active. Whether its dance, sport or games, this event will give you the confidence to lead activities in your own group.

23 November 2013

Broad St Community Centre, 78 Broad Street, Cowdenbeath, KY4 8JA. [See this location on Google Maps.](#)

The event is free. Please note there is a £25 non-attendance fee.

Suitable for youth workers, volunteers and young leaders who have an interest in this area of work, age 16+

The PDA in Supporting Adult Literacies Learning – Updated (Glasgow)

Community Learning and Development's Adult Learning and Literacies team will be running the PDA Supporting Adult Literacies Learning (SALL) for potential literacies volunteer tutors, starting January 2014.

There will be a information and selection event on Monday 25th November October from 9.am - 1pm at 7 1/2 John Wood Street, Port Glasgow. For more information or to attend email CLD.admin@inverclyde.gov.uk or call 01475 715450.

Community Food and Health Scotland events

Community Food and Health (Scotland) are running two courses in November for any groups that are involved in delivering community food and health activities.

'Marketing your community food initiative' will look at what marketing is (and isn't) and how can it help groups to grow and develop their activities. The fully funded course is running on 21 November in Raploch Community Campus from 10 am – 4 pm. It is being delivered for Community Food and Health (Scotland) by the Social Enterprise Academy.

'Introduction to health and safety' is a half-day course which will help groups make their premises and activities safer for their customers, volunteers and staff. The course covers basic health and safety law, 5 step approach to risk assessment and practical application of risk assessment. It is being run by the Scottish Centre for Healthy Working Lives on 26 November in Meridian Court, Cadogan Street, Glasgow, from 9.30 a.m.to 12.30 p.m.

To book places for either course, contact Anne, anne.gibson5@nhs.net, 0131 313 7505.

GCVS: Glasgow Access Panel (Glasgow)

Organisations strive to be inclusive, but how can they make that happen? A free session on inclusion - with the experts! Glasgow Access Panel: what's an access issue? A free event on Wednesday 27th November 2013
2.00pm – 4.00pm

The Albany
Learning and Conference Centre
44 Ashley Street, Glasgow G3 6DS

Book your place online [here](#)

Learning to Lead in Health (Edinburgh and Glasgow)

Health Working Lives have a wide range of events across Scotland which cover various important issues. You can view their complete list [here](#), with some upcoming ones posted below.

[Sexual Health and the Workplace](#) (Hamilton)

Support with promoting Sexual Health in the workplace is now available; your local HWL team is working with the NHS Lanarkshire Sexual Health team to deliver a workplace awareness session on the relevance and importance of raising awareness of Sexual Health & BBV's (Blood Borne Viruses) within workplaces across Lanarkshire.

[National - Alcohol and Drugs Training for Managers \(Blended\)](#) (Lothian)

Managers and supervisors have a crucial role in supporting the health and wellbeing of employees. This training is designed to give information and guidance to employers to help deal with workplace issues on both alcohol and drugs. Delivered through blended learning the course consists of an elearning component followed by 3 hours face to face training. It provides managers and supervisors with the information, knowledge and skills required to deal effectively with alcohol and drugs at work. The elearning component is referred to throughout the session and completion is required prior to attending.

Understanding Acquired Brain Injury and its effects (Glasgow)

Headway Glasgow is offering training in 'Understanding Acquired Brain Injury and its Effects' aimed at those who may work with or be in regular contact with anyone with ABI.

The workshops are:

- Brain injury and the effects of ABI.
- Experiencing the problems associated with ABI
- Social context- the user and carers perspective

The training day is on Wednesday 6th November 12.30pm - 4.30pm and costs £10 per person payable in advance. Light lunch and all materials will be provided. A Certificate of Attendance will be available if required for CPD. Contact Headway Glasgow on 01413328878 or email info@headwayglasgow.org.

An Introduction to Facilitating Constellations (Glasgow)

Kinharvie Institute, in partnership with the International Association of Facilitators Scotland Chapter have organised two events to celebrate the International Week of Facilitation (21-27 October). One event is the conversation with Peter Block (see the [conference section](#) above). The other is [An Introduction to Facilitating Constellations](#) which runs on Monday, 21st October, 10am-4:30pm in Glasgow, costing £30 (places are heavily subsidised).

The art of participatory leadership for system change (Perthshire)

Participatory leadership involves everyone in the creation of solutions. The purpose of this training is to support Scotland to be in conversation with itself about its future, by offering maps, methods, mental models and personal practices for systemic change. It aims to bring people together who are longing to find new ways of working collaboratively and connect up the many innovative and diverse initiatives that are already happening in Scotland.

Taking place on the 27th - 29th November at the Crianlarich Hotel (www.crianlarich-hotel.co.uk) in Perthshire, the course costs between £450 to £600 depending on whether you are paying your fees privately or from an organisation. Fees are inclusive of VAT and full board at the hotel - travel costs are not included. Subsidised places available for small community organisations. For further information and queries contact Pamela Galbraith: 07796 110064, pamelagalbraith@yahoo.co.uk. For registering your interest in a place contact Valerie Menelec: vmenelec@yahoo.co.uk.

See http://www.artofhosting.org/trainings/event-listing/?event_id=73 for more.

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Vacancies

Lifestyle Coach, Fixed Term 18 months (East Dunbartonshire)

East Dunbartonshire Leisure & Culture Trust require a full time Lifestyle Coach to deliver a range of healthy eating and weight management programmes including the community based ACES and school based Active Choices programmes. In addition the successful candidate will work on the exit strategy for the project post Government funding.

Closing date 14/11/13

[More information here](#)

Learning & Development Officer (Edinburgh or Glasgow)

NHS Health Scotland are looking to recruit an experienced learning and development professional as Learning & Development Officer for a period of 18 months. The role will primarily contribute to our eLearning, training and development work on health inequalities and health behaviour change and will require someone with a flexible approach. For further information and informal discussion please contact Wilma Reid, Head of Learning & Workforce Development on 07921473947 or wilma.reid@nhs.net

The application pack can be down loaded from the NHS Scotland Recruitment web site at:

<https://jobs.scot.nhs.uk/Details.aspx?vacNo=385119>

Project Manager (Dundee)

An exciting and dynamic leadership role supporting young parents and their children. Applicants must have substantial experience of working with vulnerable young people, preferably in a not for profit setting. Post holder carries responsibility for funding applications, all reporting, and for all staff and volunteer management.

An application pack is available from the Chairperson or Project Administrator, St. Andrew's Parish Church, 2 King Street, Dundee DD1 2JB or email:

parishproject@btconnect.com 01382 200466

Completed applications must be returned by **12 noon, Monday 25th November 2013**

Interviews will be held on **Tuesday 3rd December 2013** Post expected to begin Monday 6th January 2013.

Community Development Worker (Glasgow)

Diabetes UK Scotland is seeking to recruit a Community Development Worker (£18,000) who will play a key role in delivering a South Asian Communities Project. You will work closely with the Project Coordinator and other Community Development Worker to ensure effective planning and delivery of the project, engaging with, and developing positive working relationships with, people from South Asian communities and healthcare professionals in Glasgow. For more information and to apply, please visit www.i-appoint.co.uk/diabetesuk and complete the downloadable application form. Select the appropriate vacancy and click 'Apply For Job'. If not registered already you will be required to register on the i-appoint website. Closing date: 12 noon, Wednesday 20 November 2013.

Project Co-ordinator (Glasgow)

Minimum for Maximum (MFM) is a charity based in Govanhill in Glasgow providing a

wide range of activities for young people in one of the most deprived areas of Scotland. It is seeking to appoint an experienced Project Co-ordinator (10 hours per week) who will be responsible for the day to day coordination of services. To download a Job Description, please visit <http://www.minimumformaximumglasgow.org/>. Closing date for applications is Friday 22 November 2013.

Community Development Worker (Strathglass/Glen Urquhart)

Community charity Soirbheas has secure funding from a locally owned wind farm and wishes to appoint a full-time Community Development Officer (£24,000 - £28,000) who will implement the plans of the Soirbheas board and help the community develop the projects to meet the organisation's objectives. There may be some scope to take further interests in other income generating projects. More information on the role and the application form can be found on the news page of www.soirbheas.org or call Tanya Castell on 07711 952113. Closing date: 21 November 2013.

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Websites

Voluntary Action Website

The new VAS website is now up and running at www.vascotland.org. VAS would greatly appreciate if Third Sector Interfaces (TSIs) and other third sector colleagues would link to this new web address on their own websites.

The Oxfam Humankind Index policy assessment tool

Oxfam Scotland has launched the Humankind Index Policy Screening Tool, which aims to measure the impact of policies on the things that really matter to the people of Scotland.

The hope is that the tool will encourage policy makers to consider a broader range of factors during policy design and development. The tool allows users to rate policies on whether they have a net positive, negative or neutral effect on specific factors. It is designed to expand thinking about the range of impacts a policy may have on people's ability to live well in their communities - it's not intended as a precise analysis or definitive screening. By being available as a web 'app' Oxfam hopes communities and individuals will conduct their own assessment of various policies and developments and hold policy-makers to account for their impact. A quick assessment can be done in about 10 minutes, or 45 minutes for a more thorough one.

It is available at the following link: <http://policytool.humankindindex.org/>

Infobase and Engage – Glasgow's Third Sector Information Resource

Glasgow Council for the Voluntary Sector (GCVS) has set up Infobase, and its sister site, Engage, to provide a comprehensive directory of over 1500 of Glasgow's third sector organisations. The information can be used by the general public looking to find and access services and by staff and volunteers to refer people to appropriate services and identify partners for projects. Funders, decision-makers and statutory agencies could also use the information to understand and engage with the sector and to distribute important information.

GCVS urge Glasgow organisations to sign up and you can find out more at www.infobaseglasgow.org, www.engageglasgow.org. You can register for an Engage log on at engage@gcvs.org.uk.

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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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