



## Issue 248 9th January 2014

**Hello, and welcome to issue 248 of CHEX-Point Snippets – our first issue of 2014!** 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/](http://www.chex.org.uk/subscribe/)

The next issue will be published on **Thursday 23<sup>rd</sup> January, 2014.** Please send anything you would like to be included before Tuesday 21<sup>st</sup> January

You can send information/material for inclusion in CHEX-Point Snippets by sending an email to [sam@scdc.org.uk](mailto: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. Thanks to all contributors to this edition.

Cheers!

Sam Jordan

Information and Communications Officer, Scottish Community Development Centre

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## CHEX News

### **Network news for the new year!**

*In each edition of Snippets we like to profile some news from organisations which are part of the CHEX Network. In this issue, the first of 2014, we would simply like to take the opportunity to remind you to keep sending us updates from your valuable community-led health work across Scotland.*

Last year we profiled at least one piece of news from CHEX Network organisations in each issue of Snippets.

The stories were varied and wide-ranging, both in terms of geography and area of work. For instance, in February ([issue 226](#)) we featured a story about two members of Falkirk Seniors' Group who spoke to MSPs about their personal experiences of services provided for older people with functional mental health issues.

Then, in April ([issue 230](#)), we provided an update from Dundee based The Corner's preventative health promotion work with young people. We've profiled cycling and bike maintenance in Shotts ([issue 232](#)) and Health and Homelessness work at Aberdeen's Foyer ([issue 233](#)). Communities of interest, rather than geography, have also been spotlighted, such as REACH in Glasgow (health of ethnic minorities – see [issue 240](#)) and LGBT Health and Wellbeing in Edinburgh ([issue 238](#))

The current concerns about welfare reform have made it onto our top-line story. In June ([issue 235](#)) we covered Edinburgh Tenants Federation's campaign work against the UK Government's 'Bedroom Tax', and the adverse health impact the policy is having on tenants who remain unprotected.

We aim to continue highlighting your great work in 2014 and are keen for organisations in every corner of Scotland to get in touch. We think of our core network as those organisations which are on the [CHEX Community-led Health Database](#), which allows people to search for relevant projects in specific geographic locations. If you would like to be on the database please get in touch - it's free!

*If you would like to have any aspect of your community-led health work featured in Snippets please get in touch. Email [sam@scdc.org.uk](mailto:sam@scdc.org.uk) or phone 0141 248 1924.*

### **Discussions around the Community Empowerment (Scotland) Bill**

CHEX's parent organisation SCDC and CDAS held a consultation event on the Community Empowerment (Scotland) Bill proposals on 12 December last year. This was considerably oversubscribed – apologies to all who wanted to book a place and could not. The notes of the group discussions on various aspects of the Bill are now available on the CDAS website, including points made by Minister for Local Government and Planning, Derek MacKay and civil servants involved in drafting the

Bill.

Workshop themes were: Asset Transfer, Community Planning and Local Democracy, Land Reform and Participation Requests and Capacity Building.

[Download the conference discussions](#)

NB. The deadline for submitting a response to the consultation on the draft Bill is the 24<sup>th</sup> January. Find all the relevant links as well as useful summaries from SCDC on the [CHEX website](#).

### **Co-production in health and social care case studies**

Are you working in ways that support people to achieve their own personal outcomes? Are you actively engaging them as equal partners in re-designing services? Are you working with local community and voluntary groups to help them contribute to these goals?

If you're doing some or all of this then you are likely to be doing "co-production" and we'd like to hear more about this from you. We want to produce new case studies that show co-production in practice and that can support learning, information and practice exchange through the [Scottish Co-production Network](#).

We can help write up and produce the case studies. If you have ideas, then contact Paul Ballantyne here at SCDC who will be able to help write them. You can get in touch with him by email at [paul.ballantyne@scdc.org.uk](mailto:paul.ballantyne@scdc.org.uk) or give him a ring on 0141 248 1924 to discuss your ideas or examples.

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## **General Information**

### **In-work poverty on the rise - JRF**

The Joseph Rowntree Foundation has reported that more working people are living in poverty than those who are unemployed or retired. The report, Monitoring Poverty and Exclusion, highlight that around 13 million people were living in poverty in 2011/12, with 6.7 million of those having at least one working adult. This is an increase of 500,000 over the year before.

You can download the report [here](#).

### **Delivery of Regeneration in Scotland Inquiry**

[The Local Government and Regeneration Committee](#) ran a call for evidence this time last year, seeking to identify and examine the best practice and limitations in relation to the delivery of regeneration in Scotland. SCDC, CHEX's parent organisation, along with a whole host of organisations, contributed to this and the committee is expected to release its report in January this year.

You can read all of the submissions [here](#) and look out for the report, which we'll also feature in future editions of Snippets.

### **NHS Health Scotland launch Younger People with Dementia Resource**

In partnership with Alzheimer Scotland and the Scottish Dementia Working Group, NHS Health Scotland has produced a [new booklet](#) and [DVD](#) to help people under 65 live well with dementia. These resources provide insight from younger people with dementia and their families on what it feels like to take on board the diagnosis, how to manage the symptoms and where to go for further support.

The resources will be made available through local NHS Health Board Patient Education Resource Libraries and the Alzheimer Scotland Free phone Helpline (0808 808 3000). Subtitled and BSL versions are available on the DVD.

This resource along with accompanying filmed vignettes will be available on [the Alzheimer Scotland website](#) shortly.

### **Scottish Government: Suicide Prevention Strategy 2013- 2016**

On the 3 December Michael Matheson MSP launched the [new suicide prevention strategy for Scotland](#) at the Choose Life National Forum. The previous strategy, Choose Life, was created in 2002 and since then there has been an 18% reduction in Scotland's suicide rate.

As well as committing to continuing with the objectives from the refresh of Choose Life in 2008, the strategy focuses on five key themes of work in communities and in services with 11 commitments to continue the downward trend in suicides and contribute to the delivery of the National Outcome to enable people to live longer, healthier lives. The strategy can be accessed on the [Scottish Government website](#).

### **Supporting Communities: The Way Ahead**

CHEX's parent organisation, Scottish Community Development Centre (SCDC) has announced an expanded package of support for community organisations across Scotland – more information on the support is now available from the links below.

Between October 2013 and March 2015, SCDC aims to provide an average of 5 days consultancy support to around 100 community groups and organisations across the country. The nature of this support will vary depending on the particular needs or circumstances of the participating groups but may include; advice, guidance and signposting, access to tools and resources, training delivery, mentoring and practical support, and networking.

Since launching the programme late last year, SCDC has had enquiries from a wide range of groups, including advocacy groups, local resident's associations, environmental groups and community trusts. There have also been enquiries from a broad range of areas across Scotland. SCDC have now begun work with 14 groups and are looking to increase this figure as we move into the new year.

SCDC is looking to work with groups who are operating in areas of disadvantage and with groups who face high levels of exclusion/disadvantage or have a commitment to tackling disadvantage/inequalities. Groups and organisations may be going through a period of transition or change within their organisation, or just feel they would benefit from additional support. Groups should ideally be motivated to work with others and share their own experiences and learning.

Please visit the [Supporting Communities webpage](#) on the SCDC website for more information or contact Alex MacDonald on 0141 248 1924 or email [alex@scdc.org.uk](mailto:alex@scdc.org.uk). You can also download the flyer [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.*

- The Scottish Campaign on Welfare Reform has relaunched its manifesto for change, outlining the approach needed to genuinely reform the social security system. The manifesto has been endorsed more than 40 organisations from across civic Scotland. You can read more [here](#).
- The Scottish Government's consultation on the Scottish Welfare Fund ends in early February. The consultation is the first step in a legal process to underpin the Scottish Welfare Fund in legislation. The fund itself "provides help to vulnerable members of the community in a financial emergency, and support to get household goods to set up home or remain at home and provide a safe and secure home environment, reducing the need for care." More [here](#).
- Child Poverty Action Group and Shelter have launched the Scottish Welfare Reform Advisory Service, an advice service for support staff related to benefits, housing and debt in Scotland. The website has a range of information available, plus there's an email address or website you can call. More information [here](#).
- A nasty climate of blaming the poor continues to accompany the debate around welfare reform. New Economics Foundation (nef) has produced a level-headed mythbuster "Strivers v. Skivers: the workless are worthless", which blows the idea that there are two distinct groups of people, strivers and skivers, out of the water. It contains really helpful charts showing that whereas more than 20% of welfare is spent on employed people with low income only 2.6% is spent on able-bodied unemployed people. Download the report [here](#) and read nef's blog attacking the treatment of welfare on mainstream TV [here](#).

### **News from other networks**

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

- We've been reading the Mental Health Improvement ebulletin produced by NHS Scotland this week. It covers a range of news, events, publications and training available around mental health and will be a useful resource for anybody interested in mental health conditions. You can read the latest edition online [here](#) and you can email [nhs.healthscotland-wellscotland@nhs.net](mailto:nhs.healthscotland-wellscotland@nhs.net) to subscribe.
- Social Firms Scotland has a newsletter which features information, events and training around increasing employment opportunities for people with disabilities. They also highlight news from their membership, as well as useful links to interesting stories. You can subscribe [here](#).

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## **Campaigns**

### **Emergency Hardship Fund – Appeal for Regular Donations**

Positive Action in Housing is currently giving out a total of £2000 each month to the destitute and poor. However, they note that they are short by £650 per month and that the fund will be cut in 2014 if this shortfall cannot be met. If you, your friends, family or colleagues wish to make a £5 a month donation (or more) then set up a standing order, or make a one off payment, to pay Positive Action in Housing

(SC027577) – Emergency Hardship Fund, Sort code 82-20-00 Account 00447398). Alternatively, give a one off donation and leave your name (or remain anonymous) and a message of support at [www.justgiving.com/winter-destitution-appeal](http://www.justgiving.com/winter-destitution-appeal) .

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## Consultations and Surveys

### Draft National Youth Work Strategy

[Education Scotland](#), [YouthLink Scotland](#) and the [Scottish Government](#) have worked in collaboration to publish the [Draft National Youth Work Strategy](#) which sets out ambitions for ensuring young people are placed at the centre of all youth work practice.

Consultation on the draft strategy will take place in January and February 2014 through a series of National Discussions across Scotland. These discussions will involve a range of stakeholders including young people and will inform the implementation plan. More information about the national discussions will be available in due course.

The final strategy and implementation plan will be published in April 2014.

### 'Community is the Answer' June 2014

The international conference 'Community is the answer' is being held this year in Glasgow, from June 9th to 11th. International Association for Community Development (IACD) and the CLD Standards Council for Scotland, with support from SCDC, CDAS and CLDMS.

The organisers are looking for contributors for the event and the date has been extended to 14th January 2014. Contributions showcasing aspects of Scottish practice are needed. Submissions are online, which you can access [here](#), are should be no more than 200 words.

You can find more about the conference and its themes on the event website, [here](#).

### Greener Together Awards Submissions

Community groups across the country are being urged to get their nominations in for the Scottish Government's Greener Together Awards 2014.

The awards seek to reward communities that are participating in, or furthering their active contribution towards a cleaner, greener Scotland. Nominations are now OPEN and the deadline for entries is Friday 31st January 2014. You can enter the Greener Together Community Awards by emailing your nomination to [greener@stripecommunications.com](mailto:greener@stripecommunications.com).

For further information, click [here](#).

*Previously listed Consultations and Surveys*

### Xchnage Scotland – Sectarian Language survey

Within their "Make Sectarianism a History Lesson" project, Xchange Scotland has created a survey which is aimed at exploring the language and words associated to

Intra-Christian sectarianism in order to include communities' knowledge as part of the learning process and of the project.

With this survey, Xchnage Scotland are looking for words related to Intra-Christian sectarianism, specifically looking for derogatory, negative terms and name calling related to the issue.

You can take the survey [here](#).

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## **Publications**

### **Overview of Food Aid Provision in Scotland – Scottish Government**

The Scottish Government has produced a report examining food aid in Scotland. The study looks at the types of organisations providing food aid, who uses it and the growth and reason for demand in recent months.

Briefly, the study's recommendations suggest that more research is needed – especially in regards to the distinction between 'food banks' (e.g. Trussel Trust) and 'soup kitchens' which often work with individuals in different situations. It also noted that welfare reform is highlighted as one of the principle causes in the rise in food aid usage, with small-scale interviews with food aid users able to provide a better understanding of the impact of welfare reform specifically.

Read more [here](#).

### **Carers Trust Scotland Launches Triangle of Care**

Carers Trust Scotland has launched a new guide to develop awareness of carers' needs amongst healthcare professionals and to recognise carers as partners in care. The [Triangle of Care: A Guide to Best Practice in Mental Health Care in Scotland](#) is an alliance between service user, carer and staff member that promotes safety, supports recovery and sustains wellbeing.

To get a copy of Triangle of Care for mental health services please follow this link. For more information please contact Karen Martin at Carers Trust Scotland on 0300 123 2008 or by email ([kmartin@carers.org](mailto:kmartin@carers.org))

### **Self-Directed Support and Mental Health**

Outside The Box has produced three papers on Self Directed Support and Mental Health now available to download - this research was carried out by NDTi (National Development Team for inclusion) for the Getting There project.

It brings together existing evidence and practice on Self-directed support for people with mental health problems. The overall aim is to share with people in Scotland an idea of how SDS can work in practice for people with mental health problems, based on what has happened before.

You can find out more about the project and download the papers [here](#).

### **Young People's Mental Health in Scotland**

The first systematic assessment of children and young people's mental health in

Scotland, Scotland's mental health: Children and young people 2013, has been published on the ScotPHO website.

The report is based on a core set of mental health indicators promoting consistent and sustainable national monitoring of mental wellbeing, mental health problems and associated contextual factors.

More information [here](#).

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## **Funding**

### **Scottish Government Short Breaks Grant**

£150,000 is available through the Keys to Life: Time For You fund while £100,000 has been ring fenced through the Better Breaks Programme which aims to help those under the age of 30 with disabilities and their families.

Full details and application forms can be found from various organisations including [Down's Syndrome Scotland](#) for carers of people with Down Syndrome; [PAMIS](#) for carers of people with profound multiple learning disabilities; and [Enable Scotland](#) for carers of people with all other learning disabilities.

### **BBC Children in Need Grants**

BBC Children in Need has a range of different grants available to community organisations, many which close soon.

The Main Grants fund closes on 15<sup>th</sup> January 2014, while the Small Grants fund is 1<sup>st</sup> February 2014.

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

### **ScotRail Foundation Deadline Approaching**

The ScotRail Foundation is a national grant programme available to groups and organisations across Scotland. The fund is provided by ScotRail directly as part of their commitment to social and corporate responsibilities and is managed by Foundation Scotland on their behalf. In your work with community groups, we thought you may have contacts that would be interested in the ScotRail Foundation programme. The next deadline for applications is Friday 17th January.

ScotRail is looking to support and develop a wide range of projects which bring communities together with their priorities specifically being:

- Support for children and young people
- Improvement to the local environment
- Improvements to local communities' general health and wellbeing.

More information [here](#).

### **Tesco Charity Trust**

The Tesco Charity Trust runs two funding schemes – Community Awards (£500 to £4,000) and larger grants (£4,000 to £25,000).

Applications from charities and not for profit organisations working around Tesco stores in the areas of children's education and welfare, those with disabilities and the elderly are given priority in both schemes.

Deadlines are 9th January 2014 at midday for Larger Grants and 31st January 2014 for Community Awards)

More information [here](#).

### **Scottish Groups Can Look to Spring with a Grow Wild Grant**

Local groups wishing to transform neglected and uninspiring community sites into spaces which everyone can enjoy have until 14th January 2014 to apply for funding for projects starting in March 2014.

The Grow Wild scheme aims to bring together community members, especially young people, to transform disused, unloved, neglected or uninspiring sites into somewhere that is attractive and useful by planting and sowing native wild flowers, native plants and/or trees.

Community groups, youth groups, environmental trusts and other local organisations can apply now for grants of £500 to £5,000 to create "exciting transformational wild flower sites" in their local area.

The deadline for applications is 14th January 2014. More info [here](#).

### *Previously listed Funding*

#### **Will Charitable Trust - Blind People & Learning Disabilities Grant**

The Will Charitable Trust has announced that its Blind People & Learning Disabilities grants programme is now open for applications and will close on the 31st January 2014.

Through the programme UK charities can apply for funding for the care of and services for blind people, and the prevention and/or cure of blindness. The Trust also supports projects that support the long-term care of people with learning disabilities either in a residential care or supported living. Around 12 charities are supported each year with grants varying from £5,000 to around £20,000.

More information [here](#).

#### **Community Transport Vehicle Fund – Applications now open**

As mentioned in [issue 245](#) of Snippets, the Scottish Government has launched a £1 million Community Transport Vehicle Fund. It aims to help community transport operators to buy new vehicles and expand services.

Details of the fund and how to apply have now been released by SCVO and CTA. You can now download the guidance notes and application form from the SCVO website. Applications should be in by 31<sup>st</sup> January 2013.

More information [here](#).

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## Events

### Safe TALK (Oban)

Argyll & Bute Choose Life Initiative currently have spaces available on our safeTALK training course in Oban. This is a 3 hour training course which gives you the skills to recognise when someone may have thoughts of suicide, and to connect that person to someone with suicide intervention skills.

- 21 January 2013 (2pm-5pm)
- Oban Hospital

If you would like to attend then please email Christine Urquhart on [High-USB.ChooseLife@nhs.net](mailto:High-USB.ChooseLife@nhs.net)

### Community Resilience Event (Glasgow)

This event will provide an opportunity to discuss the concept of resilience, its application, share examples of resilience in action and develop understandings of what makes resilience possible. We would welcome your contribution to this event.

Resilience is a concept that is very current. There is a growing recognition that responding well to life's challenges is vital to wellbeing. Yet, recent high profile events, such as extreme weather or the threatened loss of major employers, raises questions about the vulnerability of people and communities. New and multiple challenges continue to emerge and austerity and welfare reform are seen as threats to the coping resources of individuals and families. These issues, combined with climate change, fuel crises and changing populations point to a singular question: how well are our established ways of life positioned to cope with fundamental change?

The event is hosted by the Scottish Community Development Centre, Community Development Alliance Scotland and the Glasgow Centre for Population Health and will take place at The Lighthouse, Mitchell Street, Glasgow G1 3NU on the morning of Tuesday 6 February 2014. The event is CPD accredited. A light lunch will be provided.

If you wish to attend, please contact Carol Frame by Friday 17th January 2014 – email [carol.frame@drs.glasgow.gov.uk](mailto:carol.frame@drs.glasgow.gov.uk) or call 0141 287 6263. Please note: places are limited and registration will be on a first come, first served basis. Please also let Carol know of any special requirements you may have, including any dietary needs. If you are unable to attend please feel free to nominate a colleague.

### A Meanwhile Land Use Event Wednesday (Edinburgh)

Meanwhile land use describes the temporary use of unoccupied land awaiting development. This day will highlight how both community growers and developers can benefit from meanwhile land use and will include visits to two meanwhile sites; The Grove, Fountainbridge and The Royal Edinburgh Community Garden (RECG).

- 19th February
- Cargo, Lochrin Basin, 129 Fountainbridge, Edinburgh, EH3 9QG

For more information and online registration please go to and scroll down; <http://www.farmgarden.org.uk/scotland>

### Integrating Adult Health and Social Care (Edinburgh)

With the Public Bodies (Joint Working) (Scotland) Bill moving through the Scottish Parliament, the integration of health and social care services is now a major priority. The Integrating Adult Health and Social Care Conference is timed to consider the progress of the Bill and its practical implications at local level.

Developed after extensive consultation with experts in the field, this event will deliver vital updates on the implementation of joint working models. Bringing together key stakeholders and practitioners, you will have the opportunity to share experiences of the transition process and learn from those leading the way.

A range of speakers from across the statutory and third sector will be presenting. You can find out more and book [here](#).

### **Mental Health and Wellbeing in Later Life: Caring and connecting as we age (Glasgow)**

Mental Health and Wellbeing in Later Life: Caring and connecting as we age NHS Health Scotland, in partnership with Age Scotland, the Mental Health Foundation, the ALLIANCE, Carers Scotland and Carers Trust Scotland are hosting an event on the 27th of February 2014 at Hampden Park in Glasgow to discuss what matters and supports us to make connections and stay involved in later life, what helps to reduce isolation, as well as what makes a difference to the health and wellbeing of carers.

This national workshop will be an opportunity to engage with the latest policy developments, evidence and practice in promoting mental health and wellbeing for older carers and for reducing isolation in later life. It will also be an opportunity to meet with, and hear from others around their experiences.

For more information and for a booking form, please contact Irene Hamilton by email ([irene.hamilton1@nhs.net](mailto:irene.hamilton1@nhs.net)) or by telephone on 0131 536 5522. Closing date for applications is 14 February 2014.

### **Voluntary Action North Lanarkshire Voluntary Sector Locality Network Events (Various)**

During February-March 2014, Voluntary Action North Lanarkshire will host its latest round of six Voluntary Sector Locality Network Events across North Lanarkshire for volunteers, voluntary sector organisations and other key partners to come together to share key information. Voluntary Action North Lanarkshire would like to invite you or representative(s) or your organisation to come along to any of the below listed Events.

If you are a volunteer or paid staff member in a local voluntary sector organisation (or work for any other partner organisation with an interest in communities), and feel you would benefit from coming together with other volunteers and organisations to discuss key issues affecting voluntary action in your town and gain updates on key policy / strategic information affecting voluntary sector groups and volunteers, attending a Voluntary Sector Locality Network could be beneficial for you.

The first event will be held on Tuesday 18<sup>th</sup> February. You can view the full list of event [here](#).

### **Making Self Directed Support (SDS) work for people with mental health problems (Edinburgh)**

When: the event is on the 27th February 2014. Where: Norton Park Conference Centre, Edinburgh

Who is it for:

- People with mental health problems and groups led by mental health service users
- Organisations providing services to people with mental health problems
  
- Staff in local authorities and NHS teams
- people leading the implementation of SDS in local authorities
- Commissioners of support services

This event is being run in partnership with the Getting There project, Penumbra and the Mental Health Foundation.

To book a place, please email: [admin@otbds.org](mailto:admin@otbds.org)

*Previously listed Events*

**Speak Out!: A creative writing project about LGBT+ identities and mental wellbeing (Edinburgh)**

A series of writing workshops exploring LGBT+ identities, mental wellbeing, and what they mean to you, and a collaborative book to tell the world about it! Writers at all levels of experience are welcome, including those with no previous experience at all.

- Sunday 19<sup>th</sup> January: Short Fiction, with Kirsty Logan
- Sunday 26<sup>th</sup> January: Poetry, with Sophia Walker
- Sunday 2<sup>nd</sup> February: Scriptwriting, with Jo Clifford
- Sunday 23<sup>rd</sup> February: Performing, with Harry Giles

To book a place at any of the workshops, or for any more info, email [katherine@lgbthealth.org.uk](mailto:katherine@lgbthealth.org.uk) or call 0131 652 3284.

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## Conferences and Seminars

**SHIEN Annual Homelessness Conference (Stirling)**

Keep Thursday 30<sup>th</sup> January 2014 free and join SHIEN at the annual conference: 'Our Community! *local people at the heart of housing options*'. SHIEN (the Scottish Homelessness Involvement and Empowerment Network) welcomes everyone working in the new housing options approach – or interested in learning more about it – to share thoughts and inspirations on how local people can be involved in local housing solutions.

More information over the next few weeks, meantime to book your free place, or to find out more, please contact Stephanie or Pauline by any of the following ways:

T: 0141 420 7272

M: 07834437185 (when texting, include 'SHIEN' in your message)

E: [shien@ghn.org.uk](mailto:shien@ghn.org.uk)

W: [www.ghn.org.uk/shien/booking](http://www.ghn.org.uk/shien/booking)

**Get Your Business Ahead of Welfare Reform (Glasgow)**

SBC is delivering a series of free Welfare Reform Workshops across Scotland. The workshops are open to both member and non-member organisations on 29<sup>th</sup> January 2014.

This is a chance to gain insight from guest speakers including the Deputy First Minister, Nicola Sturgeon, the leader of Glasgow City Council, Gordon Matheson, John Dickie from Child Poverty Action Group (CPAG), Karen McGhee from Citizens Advice Scotland and Jim McCormick from Joseph Rowntree Foundation.

More information [here](#).

### **Reducing Poverty and Creating Income Equality: Creating a Wealthier and Fairer Scotland (Edinburgh)**

Reducing Poverty and Creating Income Equality: Creating a Wealthier and Fairer Scotland will take an in-depth look at challenges and opportunities facing Scotland and the steps being taken to tackle poverty and develop income equality.

The event will foster an environment for informed debate and discussion and will provide the opportunity for delegates to discover best strategies and innovations that will help further Scotland's social justice and economic prosperity.

Key topics for discussion include:

- The current state of poverty and income inequality
- A New Commitment to Collaborative Working
- Case Study Session: Creating Successful Learners and Confident Individuals – Glasgow City Council
- Case Study Session: Improving Family Support and Employability: Edinburgh City Council
- Panel Discussion: Tackling Poverty and Income Inequality

The event will take place on 12<sup>th</sup> February 2014. More information [here](#).

### **How does your income grow? Exploring income generation from community gardens. (Stirling)**

Thursday, February 13<sup>th</sup> 2014, Forth Valley College, Stirling. This is a joint event between Federation of City Farms and Community Gardens, Nourish and Clydesdale Community Initiatives. Our experienced speakers all understand the challenge of generating income while holding onto the dream of being good for people and planet.

They will present their experience and expertise on topics including making income from food sales, plant sales, landscaping, processing horticulture products, production and sale of environmentally friendly products and training and employability.

Cost for the day: £25 for FCFCG and Nourish Members, £35 for non-members.

For further information (and background about the speakers), to register and to pay please go to <http://www.farmgarden.org.uk/scotland>, please scroll down to event details and follow the links. Any queries, please contact [naomi@farmgarden.org.uk](mailto:naomi@farmgarden.org.uk).

### **Using Creative Approaches to Evaluate Your Gardening Project (Perth)**

Clear about your project outcomes but want more creative ideas on how to gather

and present them?

Incorporating a section on user involvement, the emphasis is on making evaluation more accessible and interesting for all concerned. This informal, enjoyable workshop will give you the chance to experiment with a range of different visual and creative tools.

- 11th February 2014, 10am – 4pm
- PKAVS North Methven Street, Perth PH1 5PP

COST: £40 for paying members of Trellis/FCFCG; £50 Trellis network / £70 others  
For further information click [here](#) and to book click [here](#).

*Previously listed Conferences and Seminars*

### **Commonwealth Legacy 2014 (Edinburgh)**

Holyrood Magazine's 2014 Games Legacy: Scotland's Sporting Future will examine the Scottish Government's initiatives to encourage grass roots sports participation, youth involvement and increasing the general population's activity levels. The event will be held on Wednesday 26th February 2014.

As chair of the conference, **Professor Grant Jarvie**, Chair of Sport & Broader Portfolio, Strategy and External Relations, Sport, Physical Education and Health Sciences (SPEHS) at The University of Edinburgh, will be steering the debate and ensuring delegates participate to help shape the policies which will further Scotland's sporting legacy.

More information about the speakers [here](#) and for booking click [here](#).

### **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](mailto:mairi@internationalfuturesforum.com) asap as places will be filling quickly. [More info here](#).

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## **Training**

### **Self-harm training programme (Various)**

HarmLESS Psychotherapy presents its new Training Programme on Self-harm for 2014. They have been providing expert training for two years reaching more than 600 people across Scotland and England.

Their training courses are tailored to your needs in terms of content, proficiency and budget. For more information on our public courses click [here](#).

If you would like in-house training contact email for a free consultation and quote on [info@harmlesspsychotherapy.com](mailto:info@harmlesspsychotherapy.com) or Maria Naranjo 07557056049.

## **Social Return On Investment - Evaluation Development Programme (Glasgow)**

Develop world-class evaluation methods for your organisation

A four day course (plus individual coaching)

- Monday 3rd February 2014
- Monday 3rd March 2014
- Tuesday 4th March 2014
- Wednesday 29th April 2014

The Albany Learning and Conference Centre, Ashley Street, Glasgow.

More information [here](#).

## **Nuts and Bolts – Fundraising (Greenock)**

CVS Inverclyde is has launched Nuts and Bolts - Fundraising; a series of 9 x 2 hour courses that provide a strong introduction to what you need to know to raise funds. Delivered by Susan Robinson, an Institute of Fundraising Approved Trainer and Phil Broadley, who has extensive experience of supporting organisations with funding applications; Nuts and Bolts - Fundraising is perfect for anyone just getting started in fundraising or who wants to brush up on their skills.

Each Nuts and Bolts - Fundraising course focuses on one particular area of raising funds. You can choose which sessions are relevant for you & your organisation; or give yourself a solid understanding by doing them all.

Course are being offered on a range of dates. More information [here](#).

## **Affordable cooking courses (Edinburgh)**

The Canny Families Project involves a programme of affordable cooking courses across Edinburgh, with each course run over a six week period. With a focus on a different topic each week participants will not only learn practical cooking skills and how to make affordable and healthy family meals but will also improve their knowledge of nutrition and learn how to reduce food waste.

Participants will also be offered affordable warmth advice from Changeworks as well as fuel poverty advice from Citizens Advice Edinburgh. The programme is open to parents with children under the age of 16. Childcare will be available for participants at all sessions.

They are now recruiting participants for upcoming courses at the following venues:

- Tuesday Mornings, from Tuesday 14th January to Tuesday 18th February , from 9.30am – 11.30am at Leith Academy
- Wednesday Mornings, from Wednesday 15th January to Wednesday 19th February, from 9.30am – 11.30am at Pentland Community Centre
- Thursday mornings, from Thursday 16th January to Thursday 20th February, from 9.30am – 11.30am at Slateford Green Community Centre.

If this is something that you would like to find out more about please contact Stephanie at Edinburgh Community Food on 0131 467 7326, or by email: [sscott@edinburghcommunityfood.org.uk](mailto:sscott@edinburghcommunityfood.org.uk)

### **Living life to the full- train the trainer course (Edinburgh)**

Action on Depression are offering a three day 'Train the Trainer' course for anyone interested in learning the [living life to the full](#) approach. Undertaking the training will give you the skills and knowledge to deliver the course to your client group, colleagues or general.

The cost for the course is £295 for three days of training, including lunch and refreshments- this rate has been dropped to £195 for voluntary organisations with an annual turnover of less than £300,000. The course will be taking place on 12/13/14 March 2014 at our office in Rose Street, Edinburgh- bookings and enquiries should be sent to [fionat@actionondepression.org](mailto:fionat@actionondepression.org) or telephone 07919564155.

For more information on 'Living life to the full' and the 'Train the trainer' courses, please take a look at the [Action on Depression website](#).

### **Environmental Public Health Training (Edinburgh)**

28 and 29 of January 2014, Edinburgh Training and Conference Centre, Edinburgh. This one and a half day event will consider the key contemporary issues in the Environment in Public Health. It will emphasise why we need to discuss these issues and how good communication can raise not only the profile of the environment as a health determinant but by extension, contribute to better, more equal population health.

Topics will include:

- The Environment in Health Inequalities
- Key Contemporary Stressors in the Physical Environment
- Exploiting Positive Environments for Better More Equal Health
- Delivering Effective Environmental Public Health in the Contemporary Era

To apply for a place, please fill out the [online booking form](#). For further information please contact Lucy Johnston by email [lucy.johnston@nes.scot.nhs.uk](mailto:lucy.johnston@nes.scot.nhs.uk) or telephone 0131 656 3396

#### *Previously listed Training*

### **Taking Meaningful Risks (Glasgow)**

Many parts of health and social care have become risk adverse, with the trend to use health and safety as an excuse to block working in a person centred way. This event aims to bring organisations together to learn and think about how we can enable and support meaningful risk taking. Independent Advocacy is one of the key enabling services for changing this ensuring that the focus is always about the growth and development of the individual.

Course run by Animate Consulting. 30<sup>th</sup> January 2014. Early bird pricing ends on **Friday 10<sup>th</sup> January**. More information [here](#).

### **Charity and Social Enterprise Management course**

**Apply now** for Anglia Ruskin University's Cert HE in Charity and Social Enterprise Management, study fully online or with workshops in Manchester.

They will be in Manchester on the 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> February 2014 delivering workshops for their current students. If you would like to meet with us to discuss our course and work-based learning options in more details during this time please visit [www.anglia.ac.uk/csemnw](http://www.anglia.ac.uk/csemnw) or call 0845 196 6707.

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## **Vacancies**

### **IRISS – Project Manager (Glasgow)**

IRISS are looking for a committed self-starter to join their Evidence-Informed Practice Team as a Project Manager. You will be passionate about promoting the use of evidence in practice, familiar with different perspectives on evidence, and have experience of leading projects to completion.

Applications should be submitted on the forms below by 5pm, Wednesday 29 January (no CVs and no agencies). Interviews will be held on Friday 7 February.

Visit their website for a [full job description and application forms](#).

### **The Poverty Alliance - Living Wage Accreditation Advisor (Glasgow)**

The Poverty Alliance is currently recruiting for the post of Living Wage Accreditation Advisor. The main responsibility in this exciting new role is to work with organisations across Scotland to increase the number of officially accredited Living Wage Employers.

For more details please [click here](#). Please note that the closing date for applications is 15 January 2014

### **Scottish Independent Advocacy Alliance - Administration and Finance Officer (Edinburgh)**

SIAA are looking for a dynamic individual with excellent administrative, finance and interpersonal skills. The individual is responsible for a range of duties that ensure the organisation operates efficiently and effectively

Fixed term until 31st March 2015 – 35 Hours - £19,464 per annum – closes Wednesday 24th January.

For more information and to apply click [here](#).

### **LGBT Health – Service Managers (Edinburgh)**

LGBT Health are seeking to recruit two effective and motivated Service Managers keen to play a role in developing this vibrant organisation and help us to deliver an ambitious vision for LGBT health, wellbeing and equality in Scotland.

They are seeking a Glasgow-based Service Manager to help establish a new satellite office, manage their new and existing LGBT Age projects and work to develop new services in Glasgow.

Due to an internal restructure, they are also looking for an Edinburgh-based Service Manager to manage a range of Edinburgh-based local and national projects and initiatives.

The starting salary for these post is Pt 33 £28,077; both posts are full-time. For more information, or to download an application pack [click here](#).

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## Websites

### **Euan's Guide looks to crowdsource accessibility reviews**

A Scottish man has set up a TripAdvisor-style website for disabled people to rate and review restaurants, attractions and other venues on their accessibility. '[Euan's Guide](#)', set up by Euan MacDonald, who himself uses a wheelchair, uses crowdsourcing to bring together the experiences of the site's users to rate attractions across the UK.

According to Euan, the site's aim is to "help remove the 'fear of the unknown' when visiting a venue for the first time." The site is currently in beta testing but folks encouraged to sign up and start adding their reviews.

You can visit the site [here](#).

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

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