



## CHEX-Point Snippets

### Issue 251 - 27th February 2014

**Hello, and welcome to issue 251 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/](http://www.chex.org.uk/subscribe/)

The next issue will be published on **Thursday 13th March, 2014**. Please send anything you would like to be included before Tuesday 11th March.

You can send information/material for inclusion in CHEX-Point Snippets by sending an email to [sam.jordan@scdc.org.uk](mailto:sam.jordan@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, SCDC

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## CHEX News

### News from the Network: "FDAMH Family Support Service"

*40% of CHEX network members cite mental health work as either all or part of what they do. CHEX is a member of the Mental Health Improvement National Network facilitated by NHS Health Scotland where we promote the contribution that community-led health organisations make to mental health improvement and tackling health inequalities across Scotland.*

*We highlight here a new service being provided by just one organisation.*

**Falkirk and District Association for Mental Health** is launching a new service that aims to provide support for people and their families who are experiencing

difficulties in relation to mental ill health.

The service is based around the understanding that when a person is diagnosed with a mental illness they are not the only ones affected; partners, spouses, siblings, and carers can all be in need of support.

Family members are sometimes worried that their entire family will be judged or discriminated against if people find out they have a mental illness. Keeping this concern to themselves can mean that families may be cut off from the social support they would otherwise expect when a relative is, for example, physically ill.

The aim of the work is to work on a voluntary basis with adults within the family unit by assisting parents, carers and other family members to have a better understanding of each other's needs associated with mental health issues. Individuals with mental health concerns are central to all partnership working.

This focus on partnership working recognises the importance of ensuring that people have the knowledge, skills and confidence to play an active role in planning their own care and self-managing their condition to a level they feel comfortable with and can manage with the minimal of support.

Their aim is to provide a service that will give families direct access to a support worker who will offer a greater understanding and knowledge of mental illness, helping reduce stress and anxiety whilst building upon resilience.

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

### **'Community is the answer' conference 2014**

The international '[Community is the answer](#)' conference is taking place here in Glasgow on 9-11th June, 2014 and is organised by the International Association for Community Development ([IACD](#)) and the [CLD Standards Council for Scotland](#), with the support of the Scottish Government and other partners (including [SCDC](#), [SCDN](#), [CDAS](#) and [CLDMS](#)).

The conference will showcase community-based solutions from Scotland and around the world and allow community members, activists, practitioners, researchers and policymakers to come together and examine what actually matters to people, how to measure it and how to place it at the core of what we do.

Right now discounted places are available for those who book early, and those who are members of IACD and the CLD Standards Council. Click [here](#) to book to your place. There are also specially negotiated rates for conference delegates at Glasgow hotels available [here](#).

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## General Information

### News EU laws to tackle smoking

This week the European Parliament have voted through news laws which affect how cigarettes can be sold, packaged and advertised across the EU. Voted in with a clear majority, the European Tobacco Products Directive, which is set to come into force from May this year (with a two year transition period) sets out several new laws:

- Mandatory large picture health warnings covering 65% of the front and back of the packaging
- A ban on 'characterising flavours' such as fruit, chocolate, or menthol
- A ban on the sale of packs of less than 20 cigarettes (or roll-your-own packs of less than 30g)
- All packs must be a standard cuboid shape, and Member States have the power to introduce [standardised 'plain' packaging](#)
- The introduction of a new independent Europe-wide tracking and tracing system to tackle the illicit tobacco market
- Allows Member States to prohibit distance sales (e.g through the internet) of tobacco products
- Introduces a new regulatory framework for e-cigarettes where products can 'opt in' to medicines regulation or, failing that, be subject to a range of new controls (including safety and quality requirements and advertising restrictions)

There are obvious positive health implications from these moves, as well as address e-cigarettes which, while free from many of damaging substances in traditional cigarettes have unknown long term health implications. You can read more about this directive on the [EU website](#) and on [BBC News](#).

### Pride House for Commonwealth Games

LEAP Sports has announced a Pride House for the duration of the Commonwealth Games 2014 in Glasgow. Confirmed by the Minister for Commonwealth Games and Sports Shona Robison, the Scottish Government will be providing £25,000 for the venue which will welcome lesbian, gay, bisexual and transgender athletes, fans and visitors to Glasgow.

Pride House will be situated in Albion Street in Merchant City and will be give the chance for visitors to watch the Games, as well as an opportunity to help tackle homophobia, biphobia and transphobia in sport as well as learn about LGBT sports and build closer relationships with mainstream sport.

Shona Robison said: "As both Minister for the Commonwealth Games and for

Equality, I am delighted to announce the venue for Pride House in Glasgow's Merchant City. This is a central, convenient, and visible location right beside Commonwealth House and which will be at the heart of Glasgow 2014." More [here](#).

### **Grow Wild seed-sowing kits now available**

Grow Wild, an organisation which promotes the sowing of wild flowers across Britain, has opened up its registration for their seed-sowing kits. Grow Wild have 35,000 kits to give away before the closing date of 10th March - all of which have colorful wild flowers for groups to plant to make their spaces beautiful and attract wildlife.

Groups which engage young people are the primary focus for Grow Wild. You can find more information about registration and lots of other resources [here](#).

### **Homelands Trust-Fife new staff**

Homelands Trust-Fife, from Lundin Links has passed along the news that they have appointed a new Development Coordinator, Dave Patton, to join the Trustees in developing holiday cottages design for people with disabilities to enjoy. Dave has a background in social work and working with children and adults with disabilities.

The cottages are accessible by all; additional specialist equipment can be provided to suit individual needs, ensuring a comfortable stay. People staying at the cottages not only have easy access to East Fife's stunning coastline and various holiday activities but also therapies and day activities.

Their [website](#) is currently under construction, but you can contact Dave on [homelandstrust@live.co.uk](mailto:homelandstrust@live.co.uk)

### **Paths for All Pedometers**

Paths for All have developed a pedometer pack - one for communities and one for individuals. The community pack features a pack of information for a 12 week programme, 11 pedometers and various promotional material and costs £100. The individual pack features one pedometer, a diary and information around walking and costs £15. You can find out more and order [here](#).

### **Men's Sheds article - Age UK**

This article for the Age Scotland blog [highlights](#) men's sheds - a place for men (particularly older men) to come together and have things to do outside of 'watching sports or going for a pint'. Taken from an Australian model, men's sheds provide space for men to relax and take up activities and tasks. This one featured in Lockerbie is an interesting example and it's good to hear from somebody who is actually using the sheds.

A colleague here at CHEX was recently working with a similar group and was impressed how it engaged older men who might otherwise become socially isolated. Read the blog post [here](#).

### **SRN survey on language - results**

We've recently featured the Scottish Recovery Network's survey on what language to use when speaking about people with health conditions. They have now closed the survey and released the results, namely that there's no universal term and that describing people as 'people' first and foremost is crucial. More [here](#).

### **Argyll Voluntary Action Volunteer of the Year award**

Nominations are now open for this award for anybody living around the Argyll and Bute area. It looks to highlight volunteers from across sectors, from the young volunteer of the year to the health volunteer of the year. You can find out more and fill in a nomination form [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.*

- Third Force News [reports](#) the Citizens Advice Scotland has said that changes to the benefits system has accelerated the use of food banks across the country. CAS note that nearly one in three food bank referrals are due to the person's benefits being delayed. "People should not need to go to a CAB or a food bank because they have no money, and yet this is what CAB advisers see every week," CAS Policy Manager Keith Dryburgh said.
- The Welsh Government [has said](#) the welfare reform has cost Wales £930m - or about £500 per working age adult in the country.
- Age UK [has produced](#) a fact sheet related to older people and welfare reform in Scotland. It gives detail on the range of benefit changes across the board, as well as the support available.

### **News from other networks**

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

- The ScotPHO news alerts are a useful to keep up with health related news and information. Delivered weekly, they round up the Scottish Public Health Observatory news and link to reports and publications as well as media stories. Past issues [here](#), subscribe [here](#).
- For folks living and working in Fife, Fife Voluntary Action has a useful newsletter which provides masses of information related to the third sector

and wider. It features news and events as well as training and job opportunities, released weekly. You can subscribe to specific sections or the weekly round up [here](#).

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## Campaigns

### No Smoking Day 2014

British Heart Foundation (BHF) Scotland is marching towards No Smoking Day 2014 on Wednesday 12 March. Stopping smoking is the single biggest thing you can do for your heart health so this annual campaign is vital in the fight for every heartbeat.

BHF already have an army of supporters across the UK helping them to spread the word, but they need your help too. Encourage your professional contacts to sign up at [nosmokingday.org.uk](http://nosmokingday.org.uk) and order a free campaign pack. Full of posters and leaflets, the pack has all the ammunition they need to get an event off the ground.

Last year the campaign encouraged a million UK smokers to make a quit attempt. This year our '**V for Victory**' theme is set to inspire as many, if not more people, to quit smoking and win the battle against cigarettes for good.

### Clean Up Scotland

Clean Up Scotland is bringing people together to take responsibility for improving public places. Places in which we live, work and enjoy our leisure.

They aim for Scotland to become the cleanest country in Europe. But the Clean Up Scotland campaign goes beyond physical appearance, it's also about developing respect for people and places because a positive environment affects how we feel and think, our health and our economy.

They ask people to pick up one piece of litter a day, share the pledge with their friends and organise a Clean Up in your local area.

More [here](#).

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## Consultations and surveys

### **The ALLIANCE Carers Legislation**

The ALLIANCE is seeking views from members on proposed legislative measure to further support carers and young carers across Scotland.

The consultation includes proposals to change their carers assessment process, improved provision of information and advice and a range of other measures which aim to improve outcomes for carers.

To support members to submit views the ALLIANCE has produced a [briefing paper](#) on the main provisions.

They would like to hear from members of their views on the issues raised within the consultation document. To contribute to their response please contact Christopher Doyle at [christopher.doyle@alliance-scotland.org.uk](mailto:christopher.doyle@alliance-scotland.org.uk) or by telephone on 0141 404 0231.

### **Community Food Survey**

Are you part of a community growing project and/or food orientated social enterprise who would like to support and increase the amount of local food produced and consumed? The Community Food Social Enterprise Network are exploring the need and benefit of a community food e-commerce platform.

This would support online sales of food through a collective e-commerce site with training (e.g. in marketing) and distribution support (the behind the scenes nuts and bolts). We need to establish the need from the community food world.

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

### **Scottish independence: constitutional implications for the rest of the UK**

The House of Lords Select Committee on the Constitution, chaired by Baroness Jay of Paddington, is beginning an inquiry into the constitutional implications for the remainder of the United Kingdom of the transition to independence for Scotland in the event of a “yes” vote in the referendum on 18 September 2014. The committee invites interested organisations and individuals to submit written evidence as part of the inquiry.

This consultation closes on the 28th February. You can submit information [here](#).

### **Welfare reform impact on disabled people survey**

Inclusion Scotland have today launched a new survey which will help form some research we are currently doing around welfare reform and the impact on disabled people and their families.

Please complete the survey if you:

- Currently receive any benefits or have done in the past
- Consider yourself to be a disabled person
- Live in Scotland

To complete the survey, click [here](#).

### **Faith and Belief Scotland: a mapping of contemporary attitudes and provisions**

'Faith and Belief Scotland' is a collaborative project between the Scottish Government and the University of Edinburgh to explore the place of religion and belief communities within contemporary Scotland and their attitudes towards various social issues. It is anonymous and should take about 12-15 minutes to complete. You may stop answering the questionnaire should you feel uncomfortable with any of the questions. To take the survey, click [here](#).

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## **Publications**

### **Measuring Wellbeing in northern Ireland**

This [report](#) from Carnegie UK highlights the emerging wellbeing agenda in Northern Ireland, feeding from models that have been adopted by Scotland and the Republic of Ireland. Following on from a conference last year, it states that Scotland has "created a world-leading approach to wellbeing - in terms of deliberation, policy delivery, and measurement" and that the approach has become "an integral part of a far-reaching reform of public services".

It examines how the concept of wellbeing can be used to promote the social change, especially in relation to the longstanding conflict that the country has experienced. It also notes:

"The wellbeing agenda does not arise in a vacuum. It is always taken up within a set of particular local circumstances. Alongside, and integral to, the generic issues of economic and environmental sustainability, the Northern Ireland context includes high levels of social deprivation and the imperative of addressing inequality as part of any wellbeing agenda."

And interesting read, which you can download [here](#).

### **Community Resilience event and resources**

The Scottish Community Development Centre was pleased to support a well-attended event held at the Lighthouse, Glasgow on 6th February, centred around Resilience and Public Health.

The event provided the launch pad for a new set of resources developed by the Glasgow Centre for Population Health, which explain the concept of individual resilience in relation to community resilience. The event was also supported by Community Development Alliance Scotland (CDAS) and the Community Learning and Development Standards Council for Scotland.

As part of this event, GCPH also created [an animation](#), which explains the ideas around resilience and gives some examples of where resilience is important for individuals and communities.

Full research paper, summary briefing, animation and blog available [here](#).

### **Alternatives to SIMD for targeting anticipatory care**

This report from [ScotPHO](#) highlights the limitations and possible alternatives to SIMD - the [Scottish Index of Multiple Deprivation](#). Although quite technical, it provides a reasonable background to the alternatives, (some of which it notes wouldn't be particularly effective) and gives an insight into the difficulties of collecting large scale socio-economic data, (which in turn can be used by organisations related health) - especially in rural areas.

Download it [here](#).

### **Renfrewshire Mental Health Directory 2013/14**

This document acts as a directory of mental health organisations that work around Renfrewshire, providing contact details as well some detailed information about what each organisation does and the services they offer. Collated by [Renfrewshire Action on Mental Health](#) (RAMH) this is a useful resource for anyone working around mental health in Renfrewshire.

Download it [here](#).

### **Gender and rights quick guide**

Oxfam's policy and practice blog has produced a series of quick guides around gender and rights, with the focus being around humanitarian work and responses to natural disasters. Despite this, they are still interesting reads and provide quick insights and lessons into gender equality that are universally applicable.

You can read them [here](#).

## **Available to download: Self-directed Support and Mental Health papers**

Three papers bringing 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. This research was carried out by NDTi (National Development Team for inclusion) for the Getting There project.

You can find out more [here](#).

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## **Funding**

### **Applications being taken for Social Entrepreneurs NOW**

This program gives you a fully funded year of learning and a grant to help you grow your social enterprise. There are two sides to the project; one for organisations looking to Start Up the other for businesses who are Scaling Up. Funded by Lloyds Bank and Bank of Scotland

The start up funds grants of up to £4000, with the scale up having grants of up to £15,000. As well as monetary support there is various training programs and one-to-one mentoring sessions.

There is one final taster session scheduled in [Glasgow on 28th February](#). To book your place at the taster session, click [here](#). More info [here](#). Applications end 3pm 03/04/14.

### **Swimathon Foundation Opens Community Grants Scheme 2014**

Local not-for-profit organisations from across the UK can apply now for funding for local community projects which encourage more people to swim.

The Swimathon Foundation was formed in 2001 to help guarantee the long-term future of the event. As well as managing and promoting Swimathon, the Foundation offers grants each year to promote swimming in local communities. The grants are funded by the Swimathon Foundation and administered by British Swimming and the Swimming Trust.

Grants of between £300 and £2,500 will be awarded to support innovative and sustainable projects which are helping more people participate in and enjoy

swimming. The pools must be participating in Swimathon 2014.  
To be eligible, applicants must:

- Be a representative of, or have the support of, a pool participating in Swimathon 2014. A full list of the more than 600 participating Swimathon pools can be found on Sport Relief at <http://www.sportrelief.com>.
- Provide and promote swimming in their local community.
- Have an innovative project idea that targets a group of swimmers who are not already regularly participating.

Full details and application form can be found on the Foundation's website at:  
[www.swimathonfoundation.org/apply/](http://www.swimathonfoundation.org/apply/)

### **Skype Funding Surgeries**

Lloyds TSB Foundation for Scotland are holding funding surgeries over Skype to help people who have applied for the [Henry Duncan Awards](#), which closes on the 19th March. The aim is to be able to provide more advice to more organisations as well as reducing costs.

Interested groups can get in touch to discuss this on: 0131 444 4020 or email [enquiries@ltsbfoundationforscotland.org.uk](mailto:enquiries@ltsbfoundationforscotland.org.uk)

### **Volunteering Support Grant**

The volunteering support grant (vsg) offers funding to 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 £10,000 is available for up to 12 months activity. VAF particularly welcomes applications from organisations that have little experience of volunteering.

More Information [here](#).

### **Edge Innovation and Development fund**

The Edge Foundation Innovation and development Fund is a new £1million grant programme with the objective of supporting innovation and development within technical, practical and vocational learning. All applications will support Edge's six steps for change and address at least two of the following three aims:

- Support the creation of new institutions
- Support the development of profound employer engagement

- Address areas of skills shortages for the uk economy

If you would like an application form for the programme please email [grant@edge.co.uk](mailto:grant@edge.co.uk) with your contact details or [read the prospectus](#) for more information.

*Previously listed*

### **Social Entrepreneurs Start Up Programme**

The School for Social Entrepreneurs Scotland are currently taking applications for the third year of Lloyds Bank/Bank of Scotland Social Entrepreneurs Start Up Programme. The programme provides a fully funded year of learning and a grant to all successful applicants. The Lloyds Bank Social Entrepreneurs Programme is open for recruitment between 3rd Feb- 3rd April. Successful applicants will receive a year of practical support, a mentor from Lloyds Bank and a financial grant of £4,000 or £15,000.

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

### **Sport Relief Community Cash grants programme**

Comic Relief for grants between £500 - £1,000 for groups with an annual income of £100,000 or less delivering projects in Glasgow. The deadline for receiving completed applications is Tuesday 4th March at 5pm. People are encouraged to [apply online](#).

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## **Events**

*Are you running an event? We'd love to highlight national and local events from across Scotland, especially in places where we usually don't hear from. Get in touch: [sam.jordan@scdc.org.uk](mailto:sam.jordan@scdc.org.uk)*

### **CVS Inverclyde Accessing Funding Network (Greenock)**

You are invited to the next meeting of the Accessing Funding Network. This network will be of interest to anyone who:

- is currently developing a funding application
- is looking for funding for their project
- is interested in developing partnerships to apply for funding

Details of meeting:

- Date: Tuesday 4th March
- Time: 6pm - 8pm
- Place: CVS Inverclyde

Click [here](#) for a map of the location. To confirm your place please email [phil.broadley@cvsinverclyde.org.uk](mailto:phil.broadley@cvsinverclyde.org.uk).

### **Voluntary Action South Lanarkshire Children and Young Peoples (Scotland) Bill implications (Kilmarnock)**

The Children and Young Peoples (Scotland) Bill will come into force next year and has significant implications for Adult and Children's services and will impact upon our culture, systems and practice.

Two events, 09.30 – 1.00pm & 1.30 – 5.00pm on the 5th March 2014 at the Park Hotel, Kilmarnock

Speakers will include Representatives from the Scottish Government's - Bill Team, GIRFEC and the Information Commissioners Office.

If you or your colleagues would like to attend please contact Sandra Hall [Sandra.hall2@aaaht.scot.nhs.uk](mailto:Sandra.hall2@aaaht.scot.nhs.uk) indicating whether you wish a morning or an afternoon place. More information [here](#)

### **GCVS Welfare Reform Networking Session (Glasgow)**

This session is designed to provide you with some basic information on welfare reform, what is happening in Glasgow and what public agencies are putting in place to support people affected. It will also provide space for you as voluntary sector workers to network with each other to share experiences of welfare reform, what is working and what is not, and how it is affecting you and your users.

- Friday 7th March 2014, 9.30am - 1pm
- The Albany Centre, Glasgow

There will also be an opportunity to tell us how we can best support networking, support and campaigning needs. More information [here](#).

### **Art Works! (Edinburgh)**

Art in Healthcare are organising an exhibition in mid- March, covering artworks from their collection and the works made by workshop attendees. You can download a brochure [here](#) which has additional information.

For further information, please contact Amelia Calvert (Outreach Manager) [outreachmanager@artinhealthcare.org.uk](mailto:outreachmanager@artinhealthcare.org.uk)

### **SDS Pop-up cafe (Wishaw)**

Penumbra would like to invite you to their first ever Self Directed Support (SDS) Pop-Up Café next month in Wishaw.

The drop-in café is an opportunity for people to find out more about this new way care and support can be delivered. It is hoped that it (SDS) can provide more choice, control and flexibility in services.

The cafe will be held on Wednesday 12th March, 11am-1pm in the Volunteer Centre, Wishaw. There will be a team of people to answer any questions you may have about SDS and the services Penumbra can offer. Free tea, coffee and cakes will also be served.

[Download](#) SDS Pop-Up Café poster. For more information contact Penumbra on 0141 229 2580 or [stephanie.plant@penumbra.org.uk](mailto:stephanie.plant@penumbra.org.uk)

### **What sort of city do we want Glasgow to be, and how do we get there? (Glasgow)**

Glasgow Third Sector Interface is holding an event to bring together third sector organisations to examine a number of issues.

In the morning, there will be a focus on the referendum, thinking about the implications of a yes or a no vote on our organisations and on those we work with and who use our services.

In the afternoon, the focus will shift to the Third Sector Forum. There will be an update on Forum achievements over the past year. There will be a chance for you to input on which issues you think the Forum should focus on in the critical year of 2014/15.

- **When:** 13 March, 9.30-4.30, lunch included
- **Where:** The Lighthouse, 11 Mitchell Lane
- **Booking:** Booking is via Eventbrite. Use this link to request a place: [Request a place.](#)

This is a free event, open to all independent Third Sector organisations in Glasgow.

### **Make the Most of Your Money (Paisley)**

Renfrewshire Council are holding a 'Make the Most of Your Money Day' at Paisley Town Hall, Tuesday 18 March, 10am - 4pm. They're have info on a range of issues:

- coping with redundancy
- saving
- getting the best deal for goods and services

- becoming 'online savvy'
- pensions and retirement
- housing options
- energy saving
- looking for a job
- fuel tariff advice
- borrowing
- budgeting
- coping with debt

No need to book. More info [here](#).

### **Where's Dad? Father-proofing Your Work (Dundee)**

A free workshop in Dundee - 2:00-4:30pm on Tue 18th March, 2014

For all those interested in doing better for fathers, children and their families:

- those who are involved in working with men or fathers or wish to do so
- wish to share good practice or challenges
- want to hear about successes
- are interested in becoming part of a lively all-Scotland network
- download Dr Gary Clapton's paper "Where's Dad? Father-Proofing Your Work" here

To register, visit [here](#).

### **A Celebration of Food Culture across the Commonwealth (Glasgow)**

What we eat and how we eat it is central to our sense of identity. Education Scotland would like to invite Early Years, Primary and Community Learning Development practitioners to experience the diversity of Scottish cuisine in today's multicultural society.

- When: Saturday 22nd March 2014
- Where: Tollcross International Swimming Centre
- Time: 9.30 – 3.30pm
- Cost: FREE

Aims of the event:

- Develop the network of support organisations to enhance learning linked to food cultures and how we are feeding the visitors and athletes of the 2014 Glasgow Commonwealth Games
- Explore the cultural diversities of food in our current society
- Link the 'Food for Thought' resources into classroom practice and interdisciplinary learning
- Support staff applying for Phase Two of the Food Fund with ideas and

possible business partners

Please [register online](#) by Friday 7th March. Early registration is advised as this event is likely to be very popular.

### **'See me' now-Join the movement for Change! (Dunblane)**

Are you passionate about challenging stigma and discrimination? This free two day event is designed to build the foundations of the 'see me' movement. Your participation will inform and shape our programme. Further information can be found [here](#).

- 9:30am Thursday 3rd to 2:30pm Friday 4th April, 2014
- Doubletree by Hilton, Dunblane Hydro, Perth Road, Dunblane, FK15 OHG

To register visit click [here](#) or email [events@seemescotland.org](mailto:events@seemescotland.org). You can also contact 0131 516 6819/0141 530 1111 to register by phone or request a paper registration form.

### **Save the Date: Making Self Directed Support (SDS) work for people with mental health problems**

When and where: there are 2 events, one in Paisley on the 1<sup>st</sup> of April at the Wynd Centre, and one in Perth on the 15<sup>th</sup> of May at the Queen Hotel. Both events will run from 10 – 3.30

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)

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**Conferences and seminars**

### **Employment, Race, Equality and the Referendum (Glasgow)**

The conference will seek to generate informed debate regarding employment and race equality in relation to the independence referendum, and what the Scottish Government's White Paper on independence proposes.

- 10th March 2014
- University of Glasgow, Senate room

If you would like to register to attend this conference, please fill in [this registration form](#), or email [events@bemis.org.uk](mailto:events@bemis.org.uk), and give your name, organisation, and any dietary, access or other requirements.

### **My Choices: A Vision for Self Directed Support (Glasgow)**

This half day Conference will launch GDA's action research report detailing learning and recommendations from the 'My Choices' Demonstration project. The day will bring together all relevant stakeholders and offers a unique opportunity for agencies to hear directly from disabled people so that SDS developments can be driven by learning and experience of what works to deliver personal outcomes.

- Wednesday 19th March, 9:30AM - 1PM
- Thistle Hotel, Cambridge Street, Glasgow

The event will also feature a performance by the "Purple Poncho Players"- a group of GDA members, who have joined together to share experiences in a fun, accessible and thought-provoking way.

More information [here](#). Booking [here](#)

### **The Early Years Collaborative (Edinburgh)**

The Early Years Collaborative was launched in October 2012 with the ambition "To make Scotland the best place in the world to grow up, by improving outcomes, and reducing inequalities, for all babies, mothers, fathers and families across Scotland to ensure that all children have the best start in life and are ready to succeed."

- Date: Wednesday 19th March 2014
- Time: 1300 – 1430 (1200 coffee; seminar starts 1300 prompt)
- Venue: Business Centre, City Chambers, High Street, Edinburgh

This seminar will look at some of the projects Edinburgh has developed to address the following emerging themes:

- Income maximisation
- Attachment and Child Development.
- Developing Parenting Skills and Workforce Development
- Family Engagement and Community Engagement

- Continuity of Care Transitions
- Early Intervention in Maternity Services.

To book a place at this seminar click [here](#).

### **Equality, Human Rights and Constitutional Change**

#### **Where do women's rights fit? (Glasgow)**

The Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) is often described as an international bill of rights for women. This seminar will look particularly at how CEDAW could be incorporated in Scotland's future and how women's equality and human rights could fit and thrive in different constitutional settings.

Participants will hear more about the how Scottish women's experiences were represented in the CEDAW Committee's examination of the UK in July 2013. The seminar will also provide participants with more information about the possibilities for women's equality in Scotland's future.

- When? 10.00 am on 20 March 2014
- Where? City Halls, Candleriggs, Glasgow G1 1NQ

You should come along if you work for a woman's organisation, project or network or if you are an activist who is interested in campaigning about discrimination against women.

This is a free event. To book a place email please put the name of the event in the subject line and email [scotland@equalityhumanrights.com](mailto:scotland@equalityhumanrights.com) including your name, organisation and any requirements you may have including communication support, access or dietary requirements.

To discuss or for assistance with booking please email Helen [Helen.Miller@equalityhumanrights.com](mailto:Helen.Miller@equalityhumanrights.com) or call 0141 228 5958.

### **Theresa Marteau - Reducing Health Inequalities: A Behavioural Science Perspective (Edinburgh)**

Morbidity and mortality are socially patterned: those who are least deprived, on average, live longer and in better health. While life expectancy is increasing, this increase has been greatest amongst the least deprived.

Informed by dual-process models of behaviour, Marteau will consider the evidence for the social patterning of environments and executive functioning, and the implications of these for intervening to change behaviour to reduce health inequalities.

- Thursday, 3rd April 17:30 - 18:30
- Old college Edinburgh University

Professor Theresa Marteau is Director of the Behaviour and Health Research Unit at the Institute of Public Health (funded by the Department of Health as the Policy Research Unit on Behaviour and Health), University of Cambridge.

To book your place, click [here](#).

*Previously listed*

### **Community Empowerment: Voice, Participation, Action (Edinburgh)**

The Scottish Government's consultation on the draft Community Empowerment Bill closed in January 2014. As the Scottish Government releases the results of the consultation and prepares for the Bill to begin its legislative journey through the Scottish Parliament, Holyrood magazine's is holding an event to look at Bill and its next stage of development.

Derek Mackay MSP, Minister for Local Government and Planning, will deliver the keynote address at the conference. He will be joined by experts in service delivery and community representatives from across Scotland who will explore the unique relationship between Scotland's public services and the people they serve and consider content of the draft Bill.

Tuesday 6th May 2014. More information and booking [here](#).

### **Public Health: Use of evidence in health inequalities policy (Edinburgh)**

The Royal College of Physicians of Edinburgh are holding a symposium on "Public Health: Use of evidence in health inequalities policy". This symposium will be essential for those across the entire public health workforce; specifically Public Health Consultants, trainees, Public Health Advisers and all with a role to play in reducing health inequalities.

- Title: Public Health: Use of evidence in health inequalities policy
- Date: Thursday, 8 May 2014
- Venue: Queen Mother Conference Centre, Royal College of Physicians of Edinburgh, 9 Queen Street, Edinburgh EH2 1JQ

In addition to a contemporary review of this fast moving field, symposium delegates will gain an appreciation of the challenge of translating proportionate universalism into everyday public health practice.

CHEX will be attending this event, along with CHEX Network member Health All Round. Details and booking [here](#).

### **Creating Health Equity for a Healthier and Fairer Scotland (Edinburgh)**

Policy Knowledge presents Creating Health Equity for a Healthier and Fairer Scotland, their second annual briefing event focused on reducing health

inequalities. This event will provide a platform for informed debate and discussion around health inequalities allowing delegates to examine and explore current policy and initiatives to reduce inequality and to ensure everyone has a fair chance. Key topics for discussion include:

- A New Vision to Reduce Health Inequalities
- What is Health Inequality
- Taking a Coordinated Approach to tackling Health Inequality
- The Role of Place in Improving Health Inequalities
- Taking a Three Themed Approach to Reduce Health Inequalities
- Exploring the Implications of Inequalities in Health

The event will take place on the 28th May 2014. The agenda is available [here](#). To book, click [here](#).

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## Training

*Want to advertise your training events? Email [sam.jordan@scdc.org.uk](mailto:sam.jordan@scdc.org.uk)*

### **Angus Adult Protection Committee Training (Forfar)**

Level 2 and 3 Training. Information Sharing and Communication Within and Across AND Assessment and Decision Making

This seminar is aimed at practitioners and managers from all agencies (including police, NHS, Angus Council, financial services, and the third sector) involved in the support and protection of adults. Participants should ideally have an understanding of their agency's adult support and protection policies and procedures and may have previously attended an introductory course on adult protection.

- Friday 28 February 2014 9am – 5pm Training Rooms, Angus House, Forfar DD8 1WS
- Friday 28 March 2014 9am – 5pm Lintrathen Room, Whitehills, Forfar, DD8 3DY

You can obtain further information and an application form from Finlay Colville at [aapc@angus.gov.uk](mailto:aapc@angus.gov.uk) or 01307 473094.

### **Sound Advice Course (St Andrews)**

Fife Sensory Impairment Services are running a free course starting on Wednesday 05 March 2014 for 4 weeks. This course provides support and

information to people living in Fife who have recently been diagnosed with a hearing loss. Class taught by experienced tutor.

- When: 1.00 - 3.00pm, Wednesday 05 March 2014
- Where: Quaker Meeting Hall, St Andrews

This event is being organised by Fife Sensory Impairment Services. More information [here](#).

### **Domestic Abuse and BME Women, Children and Young People (Edinburgh)**

Shakti Women's Aid provides support, information and advocacy for black/minority ethnic (BME) women, children & young people affected by domestic abuse, and training & consultation for statutory, voluntary & community partners in Edinburgh and across Scotland.

- 17th (9.30-4.30pm) & 18th (9.30-12.30pm) March 2014

Training runs over a day & a half, and is open to all statutory, & voluntary staff, community workers and interested individuals.

More info [here](#)

### **International opportunities for training and funding (Various)**

Xchange Scotland is a charity based in Glasgow which primarily works to provide affordable and accessible international volunteering and non-formal education opportunities. Their aim is to promote international volunteering and our goals of active global citizenship and inter-cultural understanding.

They have recently received funding from Youth-Link Scotland to offer free training opportunities to third sector organisations around international volunteering and how to access these opportunities.

Sessions are available in:

- Inverclyde - 19th March
- Borders - 27th March
- Renfrewshire - 4th April
- Glasgow - 24th April

All sessions last from 10am - 4pm and are free. Lunch will be provided. For more information and to find out how you can book a space on a session please contact Martin on [martin@xchangescotland.org](mailto:martin@xchangescotland.org) or on 0141 237 4767.

### **Stuck On Social Media (Dundee, Edinburgh)**

If you're asking what is social media or how to more effectively use it, then did you know about these two free monthly sources of support and advice in the East of

Scotland?

If you're in and around Dundee or Edinburgh your local Social Media Surgery is here to help. The next in Dundee is on 20 March at Dundee Central Library, between 6-7.45pm.

A social media surgery is an informal gathering of people who want to learn how to use the web to communicate, campaign or collaborate.

Regardless if you're offering or seeking help, your involvement is welcomed and encouraged. Visit [dundeesms.wordpress.com](http://dundeesms.wordpress.com) for more information on Dundee's events.

Social Media Surgeries are popping up across the nation. Search for nearby events at <http://socialmediasurgery.com> and find out about Scotland's longest running surgery in Edinburgh, which hosts monthly sessions, by visiting [edsms.org.uk](http://edsms.org.uk).

### **Improving Outcomes for Children and Young People with AUTISM in Education**

This course will increase your understanding, skills and expertise in supporting children and young people with autism in school and further education - So You Can Make a Real Difference.

The programme is packed with ideas, inspiration and best practice and will be taught through a mix of presentation, scenarios, case studies and discussion.

- Date: Wednesday 26th March 2014
- Venue: Glasgow Marriott Hotel.
- Time: 1.15pm - 4.30pm.

Course Tutor: Jim Taylor, Director of "knows autism"  
Jim formerly the Director of Education, Scottish Autism, has over 35 years experience in Autism and will ensure your learning is not only informative but enjoyable too. Information and booking [here](#).

### **'Drawing Out Ideas with Graphics and Cartoons'**

This course is especially relevant for people who work face to face with individuals and groups and wish to make their work come alive with graphics and cartoons.

So if you're:

- feeling overwhelmed by the emphasis on online communication and have a strong desire to 'get back to basics' and learn how to communicate using hand-drawn graphics and cartoons?
- curious about capturing concepts in a visual creative way?
- keen to learn how to create graphics and cartoons at meetings, for your

publications etc...

The course aim to give you the opportunity to explore and adopt your own style of graphics and cartooning that best suits your needs. And don't worry if you don't have any experience in drawing - in fact, that's probably an advantage.

- Thursday April 24th 10am-4pm, Grassmarket Community Project, 86 Candlemaker Row, Edinburgh, EH12QA

The course costs £150 for voluntary organisations and £185 for folks from the private sector. More info [here](#).

*Previously listed*

### **Using the Public Sector Equality Duty – a tool for the third sector (Glasgow)**

This full day event will help you as a voluntary or community organisation understand the Public Sector Equality duty (PSED) better and find out how your organisation can use the duty and ensure that public services meet the diverse needs of your communities.

The PSED is designed to ensure that public authorities consider the impact of their work on all groups that they serve and employ. The duty requires public authorities to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations. It should enable better informed decision-making and policy development so that services are appropriate and accessible to all, and meet different people's needs.

Wednesday 19th March 2014. Places are limited and offered on a first come basis. Please email [scotlandcommunication@equalityhumanrights.com](mailto:scotlandcommunication@equalityhumanrights.com) including your name, organisation and any requirements you may have including communication support, access or dietary requirements.

### **Legal Structures for the Third Sector (Clydebank)**

Just Enterprise have announced details of a new event in their programme of business development workshops/

This half day seminar is intended as an introduction to the range of legal structures currently available for the Third Sector, including the traditional ones of Company Limited by Guarantee and Development Trusts, and the newer Community Interest Company (CIC), and Scottish Charitable Incorporated Company (SCIO) structures.

- Venue: Cunard Suite, 3rd Floor, Riverside Entrance, West Scotland College, Queen's Quay, Clydebank, G81 1BF
- Date: Tuesday 25th March 2014

- Time: 9:30am to 12:30pm

To book your delegate place, click [here](#).

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## Vacancies

### **Fife Action on Autism - Part time Asperger Social Club organiser (Fife)**

The Asperger Support Project runs activity clubs for adults and adolescents to encourage the development of social skills.

- Salary: £10 per hour
- Contract: 1 Year
- Hours: 10 Hours per week (flexible)

Social Clubs provide a safe environment where adults and adolescents with an Autistic Spectrum Condition can come and develop friendships, try out activities and have fun.

Closing date for applications: [Friday 28th February 2014](#). Interviews will be held week commencing 11th March 2014. More info [here](#).

### **SCPHRP - Research Fellow, Later Life Working Group (Edinburgh)**

Applications are invited for the Scottish Collaboration for Public Health Research and Policy (SCPHRP) post of Research Fellow - Later Life Working Group. The post-holder will work with researchers and decision-makers (policy and practice) to devise, implement, and evaluate novel interventions, policies and programmes to equitably address the looming burden of elder-care, and reduce health inequalities in later life. This will be done primarily through the Later Life Working Group, which the post-holder will lead. The post-holder will also be responsible for knowledge exchange activities for the Later Life working group.

Closes [Friday 28th Feb](#). £30,728 - £36,661. More info [here](#).

### **Recruitment of a Chair for the Board of IRISS (Glasgow)**

A Search Committee has been appointed to recruit a successor to Sandy Cameron as Chair for the Board of the Institute for Research and Innovation in Social Services (IRISS).

If you are interested, read the further details which can be found on

their [website](#). Expressions of interest should be submitted by 3 March 2014.

### **Nourish Scotland - part time Communications Manager (Edinburgh)**

Nourish Scotland are looking for a confident, competent communicator able to work as part of a team and on his/her own initiative to short deadlines. The Communications Manager will build, engage, inform and mobilise the Nourish Scotland membership, and communicate Nourish policy to a wide range of stakeholders including government, the food and farming sector and civil society.

The post is a 3 days per week (flexible hours), fixed term contract until end of March 2015, with the possibility of extension subject to funding.

Closes 9am Monday 3rd March 2014. Interviews will take place on Wednesday 12th March 2014, to start April 2014. More information [here](#).

### **The Advocacy Project - Various (Glasgow)**

The Advocacy Project (Glasgow) is currently recruiting for an [Operations Manager](#).

- Full time based on a fixed term contract to April 2015 (Secondment opportunities considered).
- £31,926 – closes 10<sup>th</sup> March.

They are also recruiting for [Service Lead Officers](#) (2 posts).

- Full time based on a fixed term contract to April 2015 (Secondment opportunities considered). £25,682 - closes 10<sup>th</sup> March.

Their website is [here](#).

### **IRISS - Research and Evaluation Assistant (Glasgow)**

In partnership with the Scottish Government, IRISS are looking for an enthusiastic and motivated individual to assist in the evaluation of Women's Community Justice Services throughout Scotland.

You will be passionate about the use of research in practice, familiar with evaluation theory (including the use of logic models) and experienced in quantitative and qualitative research methods. In particular, you will be confident in conducting qualitative interviews independently with vulnerable adults, and will be experienced in analysing and reporting both qualitative and quantitative findings. You will have the skills and confidence to inspire and engage the workforce to embed evidence at the heart of the delivery of Community Justice Services.

The closing date for applications is 5pm on Friday, 7 March 2014. Interviews will be held on Thursday, 20 March 2014. A full job description and application forms are available on [here](#).

*Previously listed*

### **Mental Health Foundation - Peer Support Volunteer Co-ordinator (Glasgow, Stirling)**

The Mental Health Foundation (MHF) is looking to recruit 2 Volunteer Co-ordinators for a new mental health carers peer support project. Although employed by MHF Scotland, each of these roles is seconded, and will be based with Action in Mind (Stirling) and Glasgow Association for Mental Health (Glasgow) respectively.

- £22,587 - £23,968
- Fixed term contract until March 2017

MHF welcome interest from a diverse range of individuals. For a recruitment pack contact Liz McEwan on 0141 572 0125/e-mail: [lmcewan@mentalhealth.org.uk](mailto:lmcewan@mentalhealth.org.uk) or go to [www.mentalhealth.org.uk/jobs](http://www.mentalhealth.org.uk/jobs) for more information.

For an informal discussion contact Julie Cameron on 07855314170. These posts are funded by the National Lottery through the Big Lottery Fund. Closes 3rd March.

### **Community Food and Health (Scotland) - call for planning group volunteers**

Community Food and Health (Scotland) have hosted an annual conference for a number of years. Before planning begins for any future event for 2014 they would like to pull together a conference planning group with representation from various areas.

The planning group will meet 3-4 times before the event. Each meeting will last 2 hours and meetings will usually be held in Glasgow (NHS Health Scotland offices, city centre). The meetings will be a good way for the group to discuss programme content, speakers and the aim of the day. The only other commitment required as a member of the planning group is input via email and attendance on the day if possible.

For more information email [janeoliver1@nhs.net](mailto:janeoliver1@nhs.net)

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## **Websites**

### **Understanding Glasgow**

This website, produced by Glasgow Centre for Population Health, brings together a range of statistics and indicators related to health, lifestyle and environment for

Glasgow.

The site provides easily understandable information, including graphs and infographics along with more in depth information and raw data. This site could be useful for professionals and practitioners working across Glasgow, but also for community members who are looking to gain insight into the specific areas they live in.

You can visit the website [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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