



CHEX-Point Snippets

Issue 252 - 13th March 2014

Hello, and welcome to issue 252 of CHEX-Point Snippets. As always, this issue contains all the latest news and information relating to community-led health. **If you have any news or updates from your own work locally that you would like mentioned in Snippets please get in touch.** Click [here](#) if you would like to view this e-bulletin as a PDF or read any previous issues of Snippets.

If you or anyone else you know would like to subscribe to CHEX-Point Snippets please visit www.chex.org.uk/subscribe/

The next issue will be published on **Thursday 27th March, 2014**. Please send anything you would like to be included before Tuesday 25th March.

You can send information/material for inclusion in CHEX-Point Snippets by sending an email to 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: North Glasgow HIIC students challenge mental health stigma

Earlier this week a colleague and I visited North Glasgow Healthy Living Centre to hear a presentation from some students who had taken place in a [Health Issues in the Community \(HIIC\)](#) course. This was run as part of the Axis Health Hubs – Cross Hub course/North Glasgow Healthy Living Community.

As part of HIIC students are tasked with delivering a presentation as part of the course and students here decided to focus on mental health and the stigma and discrimination that people who live with these conditions face each day.

As the presentation was introduced, we were asked to write down as many

negative words we could think around mental health on to some sticky notes. These were words like 'nutter', 'psycho' and 'headcase' and we were then asked to physically place these post its onto one of the students who volunteered to be literally labelled with these offensive and derogatory words. It was a very effective way to highlight the real effect these words can have on somebody and was no small task to have them placed on you.

We were then given a very interesting and thoughtful tour of the history of mental health and discrimination, with a very local feel as it focused on the Gartlock Hospital, opened in 1896 in Glasgow. From the Egyptian times to up until the present day, the history of stigma around mental health was examined, giving a useful context to the issues faced by people with mental health conditions throughout history.

Following this the students [showed a video](#) from Brighton and Hove LINK, detailing some personal stories of people who had mental health conditions and the response they often received from friends, family members as well as agencies such as the police.

The presentation finished by asking what could be done to change stigma, with a focus on each of us taking personal responsibility for the way that we act and the words that we use that might negatively impact people who suffer from mental health conditions. It was an important reminder that while you might not being hurtful on purpose your personal behaviour can have a big impact on other people.

Finally, with the presentation over we were asked to once again go up to the student who was now covered in post it notes and to remove the harmful labels that had been placed on her at the start. Again, a keen reminder of the power of stigma around mental health - and our ability to challenge it.

To learn more about HIIC, please click [here](#).

HIIC Tutor Training Dates May 2014

Interested in becoming a HIIC tutor? The next dates for Health Issues In The Community Tutor Training are the 6th & 7th May at the STUC Centre, Glasgow from 9.30am – 4.20pm (both days). Lunch will be served. The 2 day course is for individuals who wish to become HIIC Tutors and costs £300 for those from the statutory sector and £200 for those from the voluntary sector.

The 2 day HIIC Tutor Training course is a credit rated course, 8 points at level 7, and aims to equip participants to deliver Health Issues in the Community training to a wide variety of people in a broad range of settings. As part of the course, and in order to become accredited, you will:

- Undertake 8-10 hours of practice delivery and provide a briefing note of each session.
- Submit a 1,500 word reflective account of your experience, within 5 months

of undertaking the 2 day course. This will be marked to ensure that prospective tutors have attained a certain standard before they are able to deliver the course.

For more information on the course click [here](#) or, to register, please contact Alex on 0141 248 1924 or email alex@scdc.org.uk.

'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

Register your interest now for the 3rd National Co-production Conference!

The 3rd National Co-production Conference is taking place on Wednesday 23 April, 2014 at the John McIntyre Centre, Pollock Halls, Edinburgh.

With co-production in action all across Scotland, this year's conference is focused on building upon this great progress - as well as taking the next steps in placing co-production at the forefront of how we work.

This year's conference will be asking:

- Do we share a common understanding of co-production and what is needed to make it work?
- Has co-production changed the way we do things in Scotland?
- How are we sharing our strengths and stretching our vision beyond involvement?

- How can we ensure co-production is central to Scotland's future?

A programme is now being developed to include a combination of workshops (with examples from across Scotland), a market place, study visits and an open-space where discussion and networking can take place.

You can register your interest in the conference by filling in and returning [this](#) form to linda@cosla.gov.uk by 17 March 2014. Your place will be confirmed after Monday, 24 March, when a full programme for the day will be published. More information [here](#).

South Ayrshire magazine for older people

If you're working with older people in South Ayrshire and want to advertise classes, activities Voluntary Action South Ayrshire will be publishing 4,000 copies of its magazine Strictly Seniors Plus.

They ask that organisations interested submit their charity number, logo, information about the time and venue as well cost and contact details by Monday 17th March to chris@voluntaryactionsouthayrshire.org.uk

Development Impact and You toolkit

NESTA has published its Development Impact and You toolkit - 'designed for practitioners to invent, adopt or adapt ideas that can deliver better results'. It incorporates many different activities and processes to help tackle various challenges. The toolkit is available online [here](#).

Advisory, Conciliation and Arbitration Service

ACAS is a non-departmental body of the UK Government and focuses on helping organisations and small businesses who don't have full-time HR support with issues related to employment and employment relations. They offer free, impartial advice to anyone employing or thinking about employing people around a range of subjects including contracts, discipline and grievance, managing performance.

They offer a website which has a range of information, as well as confidential helpline which is available 8 AM to 8 PM Monday to Friday and 9 AM to 1PM Saturday. The helpline can be used by employers and employees - 08457 474747.

They also offer [training courses](#) (charged at a fee) as well as conciliation services to resolve disputes. You can find more on their website. [here](#).

Wee Play card game

So Say Scotland are looking to create a kit to facilitate open and non-confrontational debate and exploration around the Scottish independence referendum.

The game, which can be played by around six to eight people is won not by convincing others of your argument but by instead developing understanding. Headed up by nef and So Say Scotland they will be producing physical and online versions of this game in the future and are asking for support from individuals interested in getting this idea off the ground.

You can find out more [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.

- Policy Exchange has [produced a report](#) highlighting suggested changes to the benefit sanctions system which it says leads to "8,000 people on Jobseeker's Allowance have their benefits taken away by mistake and face unnecessary hardship as a result". Policy Exchange is the often chosen organisations to carry out research by the current UK Government and is also carrying out [further research](#) related to this subject - due to be released this Spring.
- The Guardian [reports](#) that a man has starved to death four months after his benefits were cut. Mark Wood, 44 from Oxfordshire had suffered from mental health problems and was found fit-for-work by Atos, leaving him £40 a week to live on.

News from other networks

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

- Aberdeen Council for Voluntary Organisations is the Third Sector Interface for Aberdeen City and publishes a regular and useful newsletter highlighting community activity in the Aberdeen City area. You can find more and subscribe [here](#).

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Campaigns

Scotland's Outlook on Poverty

A group of organisations has come together to launch new campaign around

poverty. Scotland's Outlook uses the weather, a typically Scottish feature, to highlight the 'poor outlook' for many people who living with poverty in Scotland. It highlights the short and long terms effects that poverty is and will be having and offers a quiz to highlight the shocking stats related to how many people it affects.

The website is very well presented and will be a definite starting point for anyone wanting to highlight the issues related to poverty across the country - as well as what should be done to help curtail the issue.

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

Aberdeen Fairtrade City

Aberdeen City Council is celebrating its 10th year as Fairtrade city by asking people to make a pledge to buy Fairtrade teas, coffees and other activities designed to encourage and promote Fairtrade across the city. There's even opportunities to join the Fairtrade steering group and have your name adding the list of local pledgers.

More [here](#).

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Consultations and surveys

Mental Health (Scotland) Bill

This consultation paper seeks views on proposals for a draft Mental Health Bill. This draft Bill brings forward changes to improve the operation of the 2003 Act – notably in relation to named persons, advance statements, medical matters and suspension of detention. In addition the draft Bill makes provision for a Victim Notification Scheme for victims of Mentally Disordered Offenders (closes 25th March). [Read the consultation paper 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](#).

Community Development Alliance Scotland publications survey

If you receive the CDAS bulletin, they are looking for feedback around how useful find it and the work you do. Closes March 31st. Survey link [here](#).

State of caring 2014

Carers UK's annual State of Caring survey looks into the impact that caring for ill, frail or disabled relatives can have on carers' finances, health and ability to live their own lives. The survey should take between 15 and 30 minutes to complete depending on the detail of information you wish to provide and will bring together and update a variety of different pieces of research Carers UK has done in previous years to get an up to date picture of caring in 2014.

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

Inclusion Scotland welfare reform impact

Inclusion Scotland is conducting research into the impact of welfare reform on disabled people in Scotland. This means asking how disabled people's everyday lives have been affected by welfare reform.

They would like to interview disabled people living in Scotland about their experience of welfare reform. We would like to interview you if:

- You identify as disabled, or
- You manage an impairment or health condition
- You live in Scotland

Interviews will last for around 30 minutes to 1 hour, and interviewees will be asked questions about how the changes in the welfare system are affecting them. We are keen to hear your views and experiences around welfare reform, so please get in touch with Inclusion Scotland if you are able to volunteer some of your time to speak with us.

Everything will be kept private and confidential. You can e-mail: rosalind@inclusionScotland.org or you can phone: 0131-555-6887 if you are interested in being interviewed.

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Publications

GDA response to Community Empowerment (Scotland) Bill

Glasgow Disability Alliance's Tressa Burke published in Thrid Force Newsan article in response to the Community Empower (Scotland) Bill consultation which recently finished (SCDC published its own response [here](#)). In the response, GDA noted that it and its members were disappointed the Scottish Government had not provided an easy read version of the consultation and called this an "exclusion of many disabled people from the consultation process itself".

She said in an article for Third Force News: "I fear that this legislation will only serve to entrench and widen inequality in Scotland. As we made clear in our consultation response, this is regression for the most marginalised and deprived communities in Scotland, not empowerment."

Read the full article [here](#).

Food in MIND

Mental health charity MIND has produced a guide explaining how different foods can significantly affect people's mental and emotional health. There are many explanations for the cause-and-effect relationship between food and mood, which are described in the booklet.

The booklet can be downloaded [here](#).

Other advice on mental health is available on the Information and Advice page of the MIND website at www.mind.org.uk/information-support.

People in Scotland can also find useful advice on mental health on the Scottish Association for Mental Health website at www.samh.org.uk.

Independent Living Strategy For Glasgow

Glasgow City Council has published a progress report on the Independent Living Strategy for the city.

Independent Living has been defined as meaning "disabled people of all ages having the same freedom, choice, dignity and control as other citizens at home, at work and in the community. It does not mean living by yourself or fending for yourself. It means rights to practical assistance and support to participate in society and live an ordinary life."

The Council has worked with Glasgow Disability Alliance and Glasgow Centre for Inclusive Living to develop the strategy, which will be adopted under the city's One Glasgow approach, ensuring that all community planning partners share responsibility for its implementation.

GCVS has more [here](#).

Eating Well with Dementia

With growing numbers of people with dementia, the need for support information is vital. Nutrition and Diet Resources UK (NDR-UK) are delighted to announce the publication of Eating Well with Dementia, produced with support from the Scottish Government, NHS Lanarkshire and Alzheimer Scotland.

The guide provides practical, everyday eating and drinking advice for people caring for a relative or friend with dementia. Click on the resource title above to view an electronic sample copy. This resource is available free of charge within Scotland. [Contact](#) the NDR-UK Office to find out how to obtain copies. Post and packaging charges apply.

Nutrition and Diet Resources UK (NDR-UK) produce over 200 nutrition and diet resources for use by health professionals and the public. All NDR-UK resources are written by dietitians and are evidence-based, peer-reviewed, patient-tested, cost-effective and free from commercial bias. During February 2012 NDR-UK received the Department of Health's [Information Standard](#) accreditation.

Download the report [here](#).

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Funding

Sports Scotland

Sports Scotland has a number of different funding opportunities for organisations related to sport and physical activity. You can find out more [here](#).

Enterprise Ready Fund

The Enterprise Ready Fund is a Scottish Government funded programme which will distribute up to £6M from 2013 to 2015 to help maintain, develop and grow Scotland's enterprising third sector.

The Fund will provide grants of up to £250K to support the long-term development objectives of new, emerging and established enterprising third sector organisations in Scotland, with an annual income of up to £5M.

Closes 16 June. Find out more [here](#).

Active Communities Fund

People's Health Trust has launched Active Communities in Mid Scotland, Fife, and the Scottish Highlands and Islands – a funding programme for local people wanting to create fairer places to grow, live, work and age

Active Communities is a funding programme for not-for-profit groups with an income of less than £350,000 a year, seeking investment of between £5,000 and £50,000 for projects lasting up to two years. The projects should take place within a small area for a small group of people, such as 20 or 30 streets or a couple of villages.

The closing date for applications is 1pm on 23 April 2014. To find out more about Active Communities click [here](#).

Awards for All Scotland

Awards for all is a quick and easy way to get small lottery grants of between £500 and £10,000. the programme aims to help people become actively involved in projects that bring about change in their local community. this could be through a wide range of community, arts, sports, health, education and environmental activities. there are no deadlines and applications can be submitted at any time.

we want to fund projects that will achieve one or more of the following outcomes:

- people have better chances in life
- communities are safer, stronger and more able to work together
- to tackle inequalities
- people have better and more sustainable services and environments
- people and communities are healthier.

More Information [here](#).

Comic Relief Local Communities Programme

there are still many communities in the UK that suffer from economic and social deprivation and the current economic climate may make this situation worse.

For this reason, comic relief has decided that £4.5 million should be available to fund projects across the UK which are addressing these issues through the 'local communities' programme Comic Relief is pleased to be working with UK Community Foundations and Community Foundations across the UK, to deliver this local communities programme. Foundation Scotland is one of the delivery partners.

The Local Communities programme will run for two years and during this time, grants of between £1000 and £10,000 will be available. The deadline for

applications is 5pm on 20th May 2014.

More [here](#).

Pink Ribbon Foundation

The foundation funds projects and provides financial support to UK charities which relieve the needs of people who are suffering from, or who have been affected by breast cancer or who work to advance the understanding of breast cancer, its early detection and treatment.

More [here](#).

Previously listed

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/

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

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 with your contact details or [read the prospectus](#) for more information.

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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

Youth 4 Youth Summit (Inverclyde)

CVS Inverclyde are hoping to host a Youth Summit for Inverclyde in early June. They are looking for young people aged 12-25 who would be interested in participating in the organisation of the event. It would be ideal if the Young People involved were able to be representatives (given the opportunity to consult and feedback to other young people within your group, organisation, project or school).

This is a great opportunity to be involved in event management, and hours accrued will count towards a Saltire Award.

Please contact Erin.donnely@cvsinverclyde.org.uk for further information, or to refer participants by Friday 14th March. For more information, click [here](#).

Port Glasgow Town Centre charrette (Port Glasgow)

The Scottish Government has selected Port Glasgow Town Centre as the focus for a major locally driven design charrette to engage local people in planning the future of the town centre. Planning and design workshops will be held in Port Glasgow Town Hall over a four day period running from the 18th - 21st March when the public, designers and specialists will be working together, 'hands on', to prepare a masterplan for the development of Port Glasgow Town Centre, with the ideas translated into plans and drawings. Anyone from the area is welcome to participate in the events. For more information, click [here](#).

Autism & Relationships Conference (St. Boswells)

[BAAGS \(Borders Asperger & Autism Group Support\)](#) are hosting an Autism & Relationships Conference.

- Tuesday 18th March 2014 9.30am – 4.30pm
- Tweed Horizons Conference Centre, St Boswells

For full information or to attend the conference, please download and complete [this](#) form.

“My Choices: A Vision for Self Directed Support” – Glasgow Disability Alliance event (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 for them.

- When: Wednesday 19th March, 10am - 1pm
- Where: Thistle Hotel, Cambridge Street, Glasgow

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

Keynote speakers:

- Alex Neil, Scottish Government Cabinet Secretary for Health and Wellbeing
- Dr Sally Witcher, OBE, Chief Executive of Inclusion Scotland (former Consultant)
- Participants of the ‘My Choices’ project

Call 0141 556 7103 to book a space or email lauraquinn@gdaonline.co.uk.

Younger people with dementia: living well with your diagnosis (Glasgow)

NHS Health Scotland in partnership with the Glasgow Younger Persons Support Service at Alzheimer Scotland has produced an information resource 'Younger people with dementia: living well with your diagnosis'. The event will provide information on the resource and its development, the services available in Glasgow for people with younger onset dementia, current research in the field of younger onset dementia and the policy landscape following the launch of the Scottish Government's second dementia strategy.

- 20 March 2014, Thistle Hotel, Cambridge Street, Glasgow

The event is free for those with a diagnosis of dementia, their families or carers and professionals interested in younger onset dementia. For more information on how to apply please email Michelle McCormack by email michellemccormack@nhs.net or telephone 0141 414 2771.

Everyone's Children Launch Event (Glasgow)

GCVS is being funded by the Scottish Government to support third sector

organisations' work with families, children and young people.

They are hosting a [launch event](#) on Monday 24th March at the Albany Centre for the Everyone's Children Project. Organisations working with families, children and young people are invited to attend to find out about the project and hear from our guest speakers including Tam Baillie, Scotland's Commissioner for Children and Young People and from the Scottish Government.

To book your place at the event please email martin.wilcock@gcvs.org.uk with your name, contact details and access requirements. Find out more about the project [here](#).

Equality in Europe: Why your vote counts (Glasgow)

Do you know that the EU Parliamentary elections are on 22nd May? Can you name a Scottish Member of European Parliament (MEP)? What's the difference between the European Council and the Council of Europe? Don't worry, you're not alone.

The European Parliament has been described as one of the most powerful legislatures in the world. Its work has a significant influence on UK and Scottish law, affecting the lives of everyone in Britain. So how come many of us know so little about it and the people that represent us at the EU level?

This CRER event will feature:

- Presentations by Per Johansson, Head of EU Parliament Office Edinburgh on how the EU Parliament works and the upcoming May elections.
- Overview of why May's elections are so important and what Europe can do for race equality in Scotland.
- Opportunity to question MEP candidates and representatives from Scottish political parties on race equality and the EU in a political hustings.

Event details:

- Teacher Building, 14 St Enoch Square, Glasgow, G1 4DB
- Monday 31st March 2014
- 4:00pm – 5:30pm EU Parliament and Elections Information Session
6:00pm-7:30pm MEP Candidate Hustings

This is a FREE event. There is no charge for attendance.

Register now to ensure your place! Register your place by completing the application form [here](#).

If the application form isn't suitable for you, please contact Nadia Rafiq at CRER: email nadia@crer.org.uk or telephone 0141 418 6530. Please remember to detail any accessibility or dietary requirements.

Improving Mental Health in the Workplace: Towards Better Prevention and Inclusion in Europe (Brussels)

Mental ill-health accounts for almost 20% of illnesses in Europe and mental health problems affect one in four people at some point in their life, leading to a wider impact within the work place or the inability to find employment. This international symposium provided the opportunity for key stakeholders to discuss current frameworks and initiatives for action to improve mental health in the workplace.

- Tuesday 25 March, Brussels

For more information or to book online visit the Public Policy Exchange [website](#).

VASA Freedom of Information event (Prestwick)

On 26th March, staff from the Scottish Information Commissioner (OSIC), in partnership with Voluntary Action South Ayrshire, will be running FREE workshops at the Carlton Hotel, Prestwick, for Ayrshire's voluntary organisations and community groups. The "Making FOI Work for You" events will explain your rights and show how you can use Scotland's Freedom of Information (FOI) laws to help you in your work

- Location: Carlton Hotel, 187 Ayr Road, Prestwick. South Ayrshire KA9 1TP
- Wednesday 26 March 2014, 10:00-12:00 or 14:00-16:00

For more information on the event - click [here](#)

Booking Form - click [here](#). Please send your booking form to:

mtg@voluntaryactionsouthayrshire.org.uk. Please return by Friday 21st March 2014.

Get Moving for Self Management (Glasgow)

The next ALLIANCE members' networking event, Get Moving For Self Management, is being held at their offices on 26th March. The event will run from 9:30am until 2:30pm, followed by an optional health walk. Speakers include Gordon Snedden from Angus Cardiac Group and also Duncan Galbraith from Inverclyde Globetrotters and [World Walking](#). I will be demonstrating "functional fitness MOTs" and we will be having some group discussion regarding the upcoming National Walking Strategy in the afternoon. A networking lunch will be provided.

More [here](#).

NHS Health Scotland Children and Young People's Mental Health and Wellbeing Event (Glasgow)

This event is aimed at those with an interest in supporting improvement in children and young people's mental health and reducing inequalities which impact on their mental health.

- Thursday 27th of March, 9.30am – 3.45pm
- Murrayfield Stadium, Edinburgh

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

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

VASA Funding event (Ayr)

Voluntary Action South Ayrshire have announced they will be holding a funding event on Wednesday 2nd April 2014.

- Ayr United Hospitality Suite
- 9 (for 9.30am) - 1pm

A morning of presentation's from key organisations and hands on tasks designed to help your organisation successfully fundraise. Meet representatives from large funders, take part in sessions on developing funding applications and find out from funders what they are really looking for!

More information [here](#). For booking email: chris@voluntaryactionsouthayrshire.org.uk

Making Self-Directed Support work for older People (Falkirk)

This event brings together what we have been learning about ways to make SDS work well for older people, including people who have dementia We also want to hear what other people are doing in your areas and groups.

- When: 30th April
- Where: Falkirk Town Hall

Programme:

- Introduction - what is happening on SDS and why it matters for older people
- Update from capacity building projects
- Discussions with people from other teams and areas
- Mend It Cafe - swapping ideas and practical solutions

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

For more information or to book your place please email admin@otbds.org

This event is run by projects which are part of the Scottish Government - funded Capacity Building programmes to support the development of Self-directed support.

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Conferences and seminars

Scotland – Small Country – big ideas, imagining our future (Edinburgh)

Join the ALLIANCE to explore and debate the future of health and social care in Scotland and how it can create new opportunities for people who are disabled and people who live with long term conditions.

- 19 May 2014
- Pollock Halls, Edinburgh

This event is partnered with the Joint Improvement Team. They are delighted to confirm Penny Taylor, Journalist and health specialist as our chair for the event.

Highlights of the conference include:

- Referendum 2014 - Health and Social Care Debate', with:
- Alex Neil MSP Cabinet Secretary for Health and Wellbeing
- Neil Findlay MSP Shadow Cabinet Secretary for Health and Wellbeing
- Ron Culley, Chief Officer - Health and Social Care, COSLA
- Richard Kerley, Chair, Centre for Scottish Public Policy
- Jane Clare Judson, Diabetes UK Scotland

The new Director General Health and Social Care and Chief Executive NHSScotland, Paul Gray, will outline his vision for the future of health and social care

They will bring together prominent speakers and influential people from across Scottish society to explore the future of Scotland, our health and social care and

how we can achieve the best outcomes with, and for, all our citizens.

Please click [here](#) for WORD booking form. For further information on bookings please contact the ALLIANCE office on 0141 404 0231 or email event@alliance-scotland.org.uk

2014 Biennial Conference on Prejudice Age and Disability – Tackling Prejudice through Education and Empowerment (Glasgow)

The conference marks the 4th anniversary of the Offences (Aggravation by Prejudice) (Scotland) Act 2009 which extended existing statutory aggravations for race and religion to cover offences motivated by prejudice in relation to disability, sexual orientation and transgender identity.

- Wed 26th March at Hampden Park, Glasgow 9:00 – 16:00

The overall theme of this conference is that offensive behaviour is unacceptable and will not be tolerated. There will be a focus on disability related hate crime, recognising that this is one of the most hidden and under-reported of all hate crimes. In addition, we recognise that age, as a protected characteristic, impacts on all areas of hate crime.

If you would like to attend the conference email diversityteam@copfs.gsi.gov.uk or telephone 0844 561 4313

Our Dynamic Earth (Edinburgh)

Better information, better decisions, better health

At our upcoming conference, we plan to examine the government's plans to build a healthier future for Scotland and debate the best approach for tackling health inequalities, reflecting a breadth of public health concerns including obesity, older people's health, alcohol and substance misuse, tobacco and sexual health.

This high level event will bring together health and social care professionals with their peers to share ideas and experiences in public health improvement. It will also feature a range of leading providers looking to work in partnership with public services to develop innovative strategies which will have a real and lasting impact.

Attendance to this conference is free please click [here](#) to register

Procurement in Public Services Scotland (Edinburgh)

With the public sector in Scotland spending over £9 billion a year on goods and services it is essential that this spending is used to not only deliver high quality services but also to achieve efficiencies.

As the Procurement Reform (Scotland) Bill passes through Parliament and the EU Procurement Directives are introduced, organisations across the Scottish public sector must change their procurement processes in response to the legislative changes ahead.

- Wednesday 28th May 2014 - Edinburgh

Join expert speakers including members of the Scottish Government's Public Procurement Reform Board and Public Procurement Advisory Board to address how to achieve the key themes and aims outlined in the Scottish

Model of Procurement including:

- Embedding sustainable approaches in procurement throughout your organisation
- Achieving value for money across public services
- Establishing important social, economic and environmental benefits through procurement activities
- Reducing barriers to participation for small and medium sized enterprises (SMEs), the third sector and voluntary organisations

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

The Annual Children's Mental Health Conference 2014 (Glasgow)

Registration is now open for the annual children's mental health conference, an event particularly for those working in education and social care settings. The conference will provide opportunity to update your knowledge, hear about current developments and best practice, so you can best support children and young people.

- 28th May 2014, Hilton Grosvenor Glasgow
- Download a Leaflet and Programme [here](#).

Key Topics To Be Discussed On The Day Include:

- Supporting children and young people who self harm
- Children & young peoples relationship with drugs and alcohol
- Understanding complexity in maltreated children with psychiatric problems
- Adhd - fact or fiction?
- Building resilience in a technological age
- Containing trauma, bereavement and loss
- Healthy body healthy mind: exercise and educational attainment, mental health, and wellbeing
- Also including a lively and informative breakout session looking at current digital ideas and products aimed at improving children and young people's mental health and wellbeing.

For more information and to book. click [here](#). Telephone: 0141 638 4098/0141 387 4684. Email: carolyn@medicacpd.com.

Previously listed

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 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 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](#).

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Training

Easy Read Training (Various)

A team of volunteers, including people with a learning disability, are preparing to tour the Borders teaching health and social care workers and volunteers how to produce easy read documents.

The new project, launched by People First Borders, will see the volunteers going out in teams of two to deliver the training, which is free, between now and June. The project has been funded by the Disabled People's User-Led Organisations (DPULOs) Programme, run by the Office for Disability Issues.

Training dates and towns are:

- Tuesday 18 March – 1pm – 4pm at Coldstream Community Centre
- Monday 31 March – 1pm – 4pm at Seton Care Offices, Duns
- Tuesday 15 April – 9.30am – 12.30pm at Jedburgh Community & Arts Centre
- Wednesday 1 May – 1pm – 4pm at Abbey Row Community Centre, Kelso
- Monday 12 May – 1pm – 4pm at Selkirk Rugby Club
- Thursday 15 May – 1pm – 4pm at The Hive, Galashiels
- Tuesday 3 June – 1pm – 4pm at Eyemouth Community Centre

Booking for these courses is essential. Contact Ellen De Groot, 01896 757290 or training@borderscarevoice.org.uk.

A Free Workshop on Moving on from School (Dundee)

Moving on from School for parents and carers of disabled children organised by Contact a Family Scotland in partnership with Lead Scotland

Do you need to start planning for when your child leaves school? This workshop aims to give you an overview of the process of transition while at school and then explore the opportunities moving on from school. We have invited Lead Scotland, to tell you about their work in supporting young disabled people and to explore their options into learning, volunteering and employment.

The workshop will take place on Wednesday 19th March 2014 at Central Library, The Wellgate, Dundee, DD1 1DB. Registration will start at 10.00am and tea/coffee will be available on arrival. The workshop will run from 10.30am to 12.30pm followed by light lunch.

For further information or a booking form please contact Susan or Donna at scotland.office@cafamily.org.uk or telephone 0131 659 2930.

Welfare Reform Training: Scottish Welfare Fund (Dalkeith)

Welfare reforms are changing the face of our benefits system with many changes

made over the past couple of years and many more to come. This FREE half day training event led by the Child Poverty Action Group, is aimed at organisations and advisers, focuses on the Scottish Welfare Fund. The Scottish Welfare Fund service is run by councils and replaced the discretionary Social Fund provided by the Department for Work and Pensions from April 2013.

- Tuesday 25 March 2014 9.45am – 12pm
- Melville Housing Association, Dalkeith

To book a space email Midlothian Voluntary Action: info@mvacvs.org.uk or email 0131 663 9471.

Windows XP or Office 2003 Users - Free IT Health Check (Glasgow)

Windows XP and Office 2003 has reached the end of its life! If your computer is still running on Windows XP or Office 2003 as of April 2014 you will no longer receive security updates or support from Microsoft. This could leave your system vulnerable and unable to use newer software.

If you are affected by this and require advice on how to upgrade and protect your system please contact Charlene at GCVS, tel. 0141 332 2444 or email charlene.tannock@gcvs.org.uk who will arrange a free IT Health Check with their IT Officer Andy Heede.

Healthy Working Lives (HWL) can help you for free

HWL works with employers to create a safer, healthier and a more motivated workforce. They have helped several organisations in decreasing absenteeism due to work related sickness. Employers have reported increased levels of productivity and sales along with high employee morale. They will advise, train and work with you for free to tackle issues your organisation may be facing.

Access HWL's free services:

- Training & Workshops
- Workplace Assessment Visits
- Policy Development
- Risk Assessment Assistance
- Expert Advice

Act now and save your business money. Call 0800 019 2211.

International Opportunities Training (Various)

Xchange Scotland is a charity based in Glasgow which primarily works to provide affordable and accessible international volunteering and non-formal education opportunities. Our aims are 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. These sessions will provide your organisation both the information and space to explore how adding an international dimension to your work can benefit your staff and those that you work with.

Training will be offered in:

- How you can send volunteers on funded or low cost international projects.
- How you can benefit from groups of international volunteers assisting your work.
- How fully funded training opportunities can be accessed for you and/or your staff.
- How to access funding through the new Erasmus+ programme for Youth Exchanges and other international work

We have training sessions booked in the following areas

- Renfrewshire – 4th April
- Glasgow - 24th April
- Inverclyde - 29th April

Each session lasts from 10am – 4pm. Sessions is free to attend and a lunch will be provided. For more information and to find out how you can book a space on a session please contact David on david@xchangescotland.org or on 0141 237 4767.

Joyworks! Laughter Yoga Leadership Training (Glasgow)

Laughter Yoga Leader Training to kick off the Springtime with joy and a new qualification!

- 5th/6th April 2014

Many professionals join them on the courses. Some are yoga teacher/therapists/ who want to offer more to their clients, some are educators and health professionals keen to use with colleagues, clients, and groups some are individuals who want a happiness boost or to (learn skills) (new techniques) to help them cope with everyday life.

- Train to facilitate laughter yoga classes or start a laughter club
- use it with groups as a therapeutic and team-building tool
- for personal growth and wellbeing
- internationally-recognised qualification
- feel empowered and inspired

50% Funding is available and hear from past health and education professional on how they are using the new skill hear.

Events are held Yoga Healing Studio 7, 22 Mansfield Park, Partick, Glasgow. Contact sharon@joyworks.co.uk for booking.

Revitalise! Spring Laugh In (Glasgow)

An evening of laughter yoga (great for your health - which anyone can do!), games, and oodles of relaxation. Book early to avoid disappointment.

- Friday 14th March
- 7.30-9.15pm
- 2 for £20 , 1 for £12

Events are held Yoga Healing Studio 7, 22 Mansfield Park, Partick, Glasgow. Contact sharon@joyworks.co.uk for booking.

Fife Adult Protection training

Do you want to learn more about protecting adults at risk of harm? Do you know how you would report any concerns you have about someone in your community, if you live in Fife?

Fife Adult Protection Committee have details of their free training courses up to March 2015 which includes details on how to access the E-learning module.

All Fife Adult Protection Committee information is available at: www.fifedirect.org.uk/adultprotection. More info [here](#).

Mental Health First Aid – Armed Forces

MHFA for the Armed Forces Community (MHFA AF) is a specially designed project. It provides the basis for increased mental health resilience amongst veterans and the families of both veterans and serving personnel throughout the UK. SSAFA is delivering the project in a collaborative partnership between themselves, MHFA England CIC, Combat Stress and the Royal British Legion.

New courses scheduled (each training course is 2 full intensive days)

- April 1 and 2 (Dunfermline)
- April 12 and 13 (Dunfermline)
- May 15 and 16 (Edinburgh)

Special introductory discounts only £60 for 2 days (reduced from £230), with a limited number of free spaces for serving or ex serving personnel and their families.

The project aims to train mental health first aiders armed forces, from across 5 target groups - Health & Social Care professionals, voluntary/charitable services, friends and family, veterans & serving personnel. The project is aimed at creating 6,600 Armed Forces Community Mental Health First Aiders in the serving and

civilian communities. More info [here](#).

For courses in Scotland email Aiveen at: change@aiveenryan.com or ring her on 077 964 963 22

Previously listed

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 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 or 01307 473094.

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 or on 0141 237 4767.

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Vacancies

Home Link Family Support - Project Worker (Edinburgh)

HLFS are currently recruiting a Project Worker for South West Edinburgh.

- 25 hours per week; AP3 (£13865 per annum) with 32 days holiday per year.

The deadline for applications is 14 March 2014 and interviews will take place on the 21st March 2014 at the new Home Link Family Support office. More [here](#).

Newmains Community Trust Community Development Officer (Newmains)

Newmains Community Trust have been awarded £2.3 million pounds from the big lottery to build a new community centre. We are seeking to recruit a Development Officer.

- Salary: Circa £28,500 - £31,000
- Salary info: Depending upon experience. This post is funded by the big lottery and offers a temporary contract for 15 months.
- Closing date: 14 March 2014

Role is to be responsible for the co-ordination, delivery and development of an innovative community led renewal of Newmains. The Development Officer will be expected to represent the Trust in all matters.

More [here](#).

Wood family Trust - YPI Scotland Project Officer (Aberdeen)

WFT a Scottish based Charitable Trust with a global outlook, is seeking a dynamic, self-starting Project Officer to support the development and growth of its flagship schools-based programme, the Youth and Philanthropy Initiative, across Scotland.

This is a permanent position based in WFT's Aberdeen office. YPI is an active citizenship programme that has, to date, awarded £624,000 to grass root charitable projects across Scotland.

- Salary: £23,000 - £26,000
- Salary info: Starting salary, to be reviewed based upon the right candidate.
- Job Type: Full time
- Closing date: 21 March 2014

The successful candidate will be an excellent communicator with project delivery experience, ideally within the education sector. They will have an ability to

complete a wide range of tasks, to deadline, in a small, fast moving team.

Partners in Advocacy - Volunteer Advocates (Edinburgh)

PIA are looking to train volunteer advocates to work with adults who either have a learning disability, physical disability or are over the age of 65. They have arranged an introduction session on Tuesday 25th March from 6.15pm to 7.15pm in central Edinburgh. At the session you'll hear more about advocacy and the role of a volunteer advocate. You'll also be able to talk to staff and pick up an application pack.

If you would like to know more about this exciting opportunity please call 0131 478 7723 or email: volunteer@partnersinadvocacy.org.uk to register your interest.

Advocacy North East - Independent Advocate (Aberdeenshire)

Part time, 18 hours per week. Salary £22,595 per annum pro-rata – closes 17th March 2014 at 1pm.

Email advocacyne@btconnect.com for more.

Falkirk's Mental Health Association - Out-of-Hours Coordinator

Falkirk's Mental Health Association (FDAMH) is a charity providing a community-based facility for people experiencing mental health problems. Operating from a purpose-built centre in central Falkirk, we are looking for someone to become THE person that will allow us to extend our opening hours into the weekend.

- £8.65 per hour | 8.5 hrs per week (Wednesdays 4.45pm to 9.15pm and Saturdays 9.30am to 1.30pm) - Possible job share
- 20 days AL + 14 days PH (pro rata)
- Central Falkirk
- Initially a 6 month contract but may be extended dependent upon funding
- Application Deadline: Friday 4th April 2014 (4pm)
- Interviews: Tuesday 22nd April 2014 (provisional)

We seek a reliable, responsible, hands-on individual to help us respond to increasing demand for our services by providing reception, administration and operational support on Wednesday Evenings and Saturday mornings.

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

Falkirk's Mental Health Association - Sage Accounts / Finance Administrator

FDMHA are seeking to employ an experienced Sage Accounts Administrator to work in our friendly mental health charity. This is an excellent opportunity offering interesting, meaningful and flexible work in the third sector.

We require a well-organised candidate, who possesses a mature attitude and

excellent personal skills to provide support to management and undertake all accounts administration tasks in line with the organisations policies and procedures.

You will work in a small team within the organisation and be solely responsible for the Sage / accounting business requirements.

- 12 hours per week, £21K pro rata
- Flexible working hours
- 20 days A/L and 14 days PH pro rata
- Central Falkirk
- Permanent post
- Application Deadline: 4th April 2014

Reporting to the Manager of The Victoria Centre and using Sage 50, you will take responsibility for all day to day aspects of our accounts including raising invoices / credits, the processing of payments and expenses, budget variance and cash flow forecasts, bank account reconciliations and effective accounting of our restricted and core funds.

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

GREC - Admin Assistant (Aberdeen)

Grampian Regional Equality Council Ltd, the leading equality organisation in the north east of Scotland, requires a part-time Admin Assistant to develop and maintain websites, prepare promotional materials and undertake other administrative tasks.

The successful candidate will possess excellent communication, IT and inter-personal skills and have the ability to multi-task.

- salary: £ 14,742 p.a. pro rata.
- The position is fixed term until 31st March 2015.

Please download the application pack from grec.co.uk or email: info@grec.co.uk. Closing date is 5 pm Friday 7th March 2014. Interviews will take place on 26th March 2014.

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Websites

Wellscotland.info

The Scottish Government wellscotland.info is the national improvement website for the country. It aims to provide information around all aspects of mental health, including resources for organisations and people who need specific support. Along with that they have stepsforstress.org, which focuses on dealing with stress.

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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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