



CHEX-Point Snippets

Issue 253 - 27th March 2014

Hello, and welcome to issue 253 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 10th April, 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: "LGBT Health and Wellbeing Demonstration Project"

LGBT Health and Wellbeing has been featured before in Snippets, but this report gives an interesting and informative some of their specific work related to mental health and the LGBT community in Edinburgh.

Set up in 2010, LGBT Health and Wellbeing launched its Demonstration Project - its aim was to address the massive issue of poor mental health, including increased thoughts of suicide in the lesbian, gay, bisexual and transgender community.

The project has now finished and they have released a report detailing the successes of the project and highlighting the impact it had. Its goal was to establish and deliver an effective LGBT Mental Health support for Lothian and to begin building an evidence base for reducing the significant health inequalities that occur in the community.

The group workshops were focused around a broad range of subjects from managing self-harm, disordered eating, crisis planning, building social confidence and exploring identity, which over 2,000 people were involved in.

Many of the groups were set up as a part of what the community needed, including a spirituality group, a women's group and group for people with learning disabilities. They also offered one-to-one support, which over 1,200 people used over the last three years.

The report also highlights the stories of individuals who have been involved in the support provided, who have expressed the usefulness of the support they received.

One person said:

"Perhaps the most important thing for me is that coming to the Centre I no longer feel alone. The weekly drop in has been a place to meet new people, build social skills and gain new friends. It gives me the feeling of not being alone, of being part of a group and being accepted."

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

'Communities at the centre' - CHEX National Conference 2014

Community Health Exchange (CHEX) warmly invites your community-led health organisation and a nominated partner from a statutory sector agency to attend our free annual conference.

- 'Communities at the Centre – Community Led Health Approaches to Tackling Health Inequalities'
- 1st May 2014 between 10:30am – 3:30pm, Townhead Village Hall, Glasgow

With an emphasis on discussion and information exchange, we would very much like you to attend to share ideas, inspirations and shape our future.

We will use the conference morning session to share lessons and build on the successes of community-led health organisations like yours. We are delighted that members of our CHEX network, Health All Round, North Coast Connection Stepping Stones and Parents Advisory Group for Education and Socialisation, have agreed to lead workshops to help achieve this.

Paul Gray, Chief Executive of NHS Scotland will attend the afternoon session. We have asked Paul and others, to speak and take questions on how, if community-led

health is to play its full part in tackling health inequalities, dialogue and partnership working with statutory services can influence decision-making to:

- Address organisational and cultural resistance
- Build the necessary leadership that is committed to this way of working
- Realign the resources to fully invest in this way of working.

A hearty lunch will be provided.

How to book your place:

To attend, complete your details in the link below:

<https://www.surveymonkey.com/s/CHEX2014>

We will follow up with confirmation and full details. Please let us know in good time of any requirements you may have including communication support, access or dietary requirements.

If you would like to attend, please register as soon as possible - places are limited and will be allocated on a first come, first serve basis.

There is no charge for the conference. However, we politely ask that after booking, if you are unable to attend this event you let us know as soon as possible to ensure your space can be offered to someone else. Failure to attend without prior notification may result in a non-attendance fee of £25 being charged to cover costs.

To discuss or for assistance with booking please contact David Reilly on 0141 248 1924 or david.reilly@scdc.org.uk.

The Ministerial Task Force on Health Inequalities Report

The Scottish Government Review of 'Equally Well' by the Ministerial Task Force has [now published its report](#). The Task Force considered the following three key areas:

- reflect on changes in the way that people and communities were being engaged in decisions that affect them;
- consider the implication of the Christie Commission report for how health inequalities might be tackled; and
- look at how characteristics of 'place' had an impact on health inequalities in Scotland

Five priorities were identified for further action:

Development of Social Capital – “building personal and community capacity, resilience and autonomy’ or ‘social capital’ should be a priority of any on-going work with communities.”

Support CPPs and the community planning process. “CPPs have the potential to demonstrate the leadership and collaborative working that is required if we are to

realise our ambitions; of realigning available resources towards prevention and engaging all partners – including the Third Sector.”

Focus on the 15-44 age group. “The SG will review with our partners the current activities that impact upon this age group, in order to identify potential new actions that would impact positively on their health outcomes.”

Support the implementation of a Place Standard. “The development of Place Standard was a welcome addition in the fight to tackle health inequalities, and that such development and implementation should be monitored.”

Examining the changes in health inequalities. The Task Force considered its own input into work to tackle health inequalities and agreed that alternative arrangements for more frequent coordination of work to tackle health inequalities should be considered.

SG advises that the Report should be read in tandem with [NHS Health Scotland submission to the Task Force](#).

CHEX contributed to the Task Force’s Review and also to NHS Health Scotland’s submission to the Review and will now look at way in which community-led health organisations can further engage with implementation of the stated priorities.

Edinburgh Community Food AGM

CHEX was delighted to attend Edinburgh Community Food’s AGM earlier this month. The Chairperson’s report outlined the depth and breadth of the work being carried out by ECF across the city of Edinburgh especially the growth in their social enterprise side. It was impressive.

We were treated to input from some new local suppliers to ECF, Gusto who produce their own oils and marinades and Mama Tea who produce teas to help women through pregnancy and breastfeeding. ECF staff then informed us of some of the current work they were involved in around Food Hygiene, REHIS Food and Health and the development of an Older People’s Course in nutrition and healthy eating.

It was an inspiring event and CHEX wishes ECF all the best with their exciting future developments. To find out more about ECF click [here](#).

A Fairer, Healthier Scotland: A Way Forward Together - Health Inequalities Event at the Gathering 2014 – Report

Voluntary Health Scotland, NHS Health Scotland, Community Food and Health Scotland, part of Health Scotland and CHEX jointly delivered the above event. Brendan Rooney, from Health n Happy joined other presenters - Dr. Linda De Caestecker, Director of Public Health, NHS Greater Glasgow and Clyde, Gerry McCartney, Health of Public Health Observatory, NHS Health Scotland, and Maggie Kelly, Interim Policy Adviser, One Parent Families Scotland in stimulating lively discussions on (a) what good practice should like (b) barriers to good

practice and (c) lessons to support good practice. The lessons ranged from Human Rights approaches being embedded in all collaborative arrangements to influencing policies that affect structural changes and support people in poverty. Click [here](#) for the full report.

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.

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General Information

Community Transport Fund organisations announced

The Scottish Government's Community Transport Vehicle Fund has announced the organisations that it will be supporting, with 29 third sector transport operators sharing the £1 million grant.

Community Transport Association and SCVO were in charge of distributing the funds, which have been given to a range of organisations from across Scotland - you can see the list of organisations [here](#).

The SCLD Forum – a new group

Scottish Consortium for Learning Disability are setting up a new group called the Forum. The Forum will work with the SCLD Board and help them know what people with learning disabilities and carers think. The Forum will help them work towards achieving the aims in the SCLD mission statement. The people who join the Forum will help them think about how it will work best and what it will do.

SCLD are looking for a small number of people with learning disabilities and carers to join the Forum. If you are interested in the Forum you need to [send a message to tell them](#). You can find out more about the Forum and what to tell us in your message on the SCLD website. You need to send us your message by Friday 11th April 2014.

They will let everyone know what happens next by Tuesday 22nd April.

Inverclyde Community Awards 2014

Inverclyde CVS has opened up nominations for third sector organisations (community group, voluntary organisation or social enterprise) and individual volunteer to receive an award recognising the outstanding contribution they make.

To find out more about the awards visit their website by clicking [here](#). Nominations can be made online - click [here](#) - up until midday on Friday 11th April 2014.

Prize money for youth groups tackling tobacco

ASH Scotland is offering prize money of £750 and a package of ongoing support for youth groups to tackle tobacco issues. The Youth Tobacco Action Awards (previously known as the Crofton Awards) reward new and existing work undertaken by young people on tobacco. Tobacco may be the primary focus or incorporated as part of a wider project. The awards of £750 are available in two categories:

- Outstanding Achievement Award - recognises [existing work](#) that young people are doing to tackle tobacco issues and support young people's health and well-being in their communities.
- Best Newcomer Award – goes to the group submitting the [best idea](#) on how they would like to reduce the harm caused by tobacco in their area.

250 Young Scot Reward Points are available for each young person involved in projects who submit an application for the awards.

For more information and to apply online visit: www.ashscotland.org.uk/ytaawards or follow the awards on [Facebook](#): #tobaccoaction.

Towards a vision for community development in Scotland

CDAS has begun work their partners in the Scottish Community Development Centre (SCDC) and Scottish Community Development Network (SCDN) on how to establish a national dialogue and work towards a shared vision for community

development. They are planning to invite everyone interested in pursuing this dialogue to a conference 'Community Development: What Vision for Scotland' expected to be held on 25 June 2014. In the meantime you can read [their discussion paper](#) on the issues, and would be pleased to receive your comments.

Latest welfare reform news

With welfare reform continuing to dominate the headlines, CHEX brings you some of the latest news from around Scotland relating to welfare and community-led health.

- *The Guardian is reporting that the Work Programme has created 48,000 long term jobs over the last three years, compared with the the 1.5 million people who have been referred onto the programme, according to DWP figures. More [here](#).*

News from other networks

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

- The Community Development Alliance Scotland newsletter is a useful resource, published every week. It features a broad range of information, policy updates and reports around community development. You can read it online [here](#) and subscribe on the right hand side of that page.

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Campaigns

'Take it Outside' second-hand smoke campaign

The Scottish Government has launched a new campaign related to secondhand smoke and in particular its damaging effects on children. The campaign includes a website: www.rightoutside.org along with TV and radio adverts.

There will also be a series of local community events which will be held in health centres and shopping centres. You can download the campaign briefing pack along with other information [here](#).

Stroke awareness survey

The Stroke Association has published a report that over a quarter (26.4%) of the public who took part in a recent poll do not know what a stroke is. The charity asked over 1,200 people where a stroke happens in the body in the lead up to Brain Awareness Week (10 – 14 March) and were shocked to discover that 15% wrongly thought that stroke happened in the heart and 6% thought stroke happened in the chest.

Elsbeth Molony, Deputy Director Scotland said:

“Stroke is a brain attack. It happens when blood circulation to the brain fails. One in six of us will have a stroke so it is crucial that we increase awareness so more people understand what a stroke is and how to recognise the symptoms of stroke.”

The charity also asked people what they would do if they thought someone was having a stroke. The Stroke Association was pleased to find that over 90% of participants in the poll knew to treat stroke as a medical emergency and to dial 999.

Find out more about Stroke Association and their campaign [here](#).

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Consultations and surveys

Help shape the future of the Big Lottery Fund

Big Lottery Fund (BLF) has awarded funds to many outstanding projects all over the UK which have made a fantastic difference.

From now until July 2014, it is inviting people to add their voice to a UK-wide conversation around key areas of Big Lottery Fund's work. Your views will help Big Lottery Fund consider its role as a funder and help shape its vision and plans from 2015 to 2021.

To have your say, visit www.biglotteryfund.org.uk/yourvoice

Research On Prejudice-Based Bullying And Harassment In Schools

The Equality and Human Rights Commission in Scotland has commissioned a project exploring prejudice-based bullying and harassment in schools, which is being conducted by researchers from LGBT Youth Scotland and respectme. As part of this project they are conducting two anonymous surveys.

One survey is aimed at all secondary school pupils across Scotland. You do not have to have experienced bullying to take part. They are interested in hearing

about how your school speaks about bullying and how to report. Click [here](#) for more.

Take 15 minutes to fill out the questionnaire and (optionally) enter to win a £50 Amazon voucher by leaving your email address at the end.

A [second survey](#) is aimed at secondary school teachers. They would like to hear about anti-bullying activities you have taken part in and your experience of dealing with bullying incidents.

Singing Europe Survey

Singing Europe is a non-commercial, community driven, pilot research programme to produce reliable statistical data on 'people singing together'.

This knowledge will help national and European organisations set up programmes that better address the needs of the singing community and convince policy makers to support it. They want the whole European community of singers to benefit from the success of this effort.

If you sing with other people (in a choir, an ensemble, a vocal band, with friends, etc.) please help them by answering a short online survey. It should take 5-10 minutes to complete, and is available in 22 different languages.

Click [here](#) to add details of your singing group to the research.

Re-designing Care Information Scotland feedback

A project to re-design the [Care Information Scotland](#) is officially underway. They are expanding the site to provide care information for all carers, cared for and carer support across Scotland. This is a mammoth task and they ask you to help us shape this service to ensure it is a useful resource.

What content would you like to see on the website? Are you a carer or are you cared for? How could this website be more useful to you? Do you currently use the website? If so what do you like and dislike about it?

If you would have any thoughts contact CISRedesign@nhs24.net.

Falkirk area only: CVS Falkirk Annual Survey

CVS Falkirk is asking for people in the local area to contribute to this survey about the work they do and how you rate the support they provide.

Take the survey [here](#).

CPAG in Scotland responds to welfare reform

By 2014/15, the UK government will have cut the annual value of benefits and tax

credit support by £22 billion, with the result that an estimated 70,000 more children in Scotland than now will be living in poverty by 2020. With poverty in a child's early years seriously affecting adult health, wellbeing and educational attainment, CPAG in Scotland has developed an 'early warning system' to gather evidence about the impact of welfare reform on children and families.

CPAG are collecting anonymous case studies and information from:

- Frontline workers
- CPAG Scotland's benefits advice line for advisers
- CPAG Scotland's training and events
- Two qualitative studies

Frontline support workers and advisers are in a good position to provide information about what is happening to families. So far, over 60 frontline workers have agreed to provide case studies, well on our way to our target of 100.

The two qualitative studies comprise:

- A longitudinal study following a group of families over time during which their benefits and tax credits may change
- Interviews at a Scottish food bank asking families what would need to change in order to prevent them having to return to the food bank

They will:

- Analyse the findings to identify which aspects of welfare reform are negatively affecting child wellbeing
- Share the findings with MSPs, the Scottish Government, policy makers, service planners and others
- Use the information to inform responses to consultations and calls for evidence, seminars, briefings and bulletins
- We hope this will help policy makers and service planners to develop policies which mitigate the impact of welfare reforms and to target services at those most in need.

If you would like to contribute case studies, please contact: Kirsty McKechnie, welfare rights worker (welfare reform) kmckechnie@cpagscotland.org.uk

CVS Annual Evaluation

CVS Inverclyde is carrying out a short survey to help us understand how well we are doing. If you are part of an Inverclyde third sector group we would appreciate you taking a few minutes to give us some feedback. The survey is available by clicking [here](#).

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Publications

Resilience - supporting transformation in people and communities

Presentations are now available for an event hosted by the Scottish Community Development Centre, Community Development Alliance Scotland, Community Learning and Development Standards for Scotland and the Glasgow Centre for Population around community resilience.

The event explored resilience for people and communities and provided an opportunity to discuss the concept of resilience, its application, share examples of resilience in action and develop understandings of what makes resilience possible.

You can download the presentations from Fiona Garven, SCDC, Pete Seaman, GCPH and Rory MacLeod, CLD Standards Council, [here](#).

Nordic success stories in sustainability

Following study visits to community initiatives around Glasgow, organised by the Scottish Community Development Centre, Kirsten Paaby, a senior advisor from the Norwegian 'ideas bank', has drawn attention to two recent publications, in English, containing sustainable development case studies, many focussing on food.

- [Nordic success stories in sustainability](#)
- [Signals: local action / success stories in sustainability](#)

Making Digital Real: Case Studies of How to Help the Final Fifth Get Online - Carnegie UK

Having access to the internet is now an essential service. One of the important benefits that it can offer is the opportunity to engage with a wide range of local, national and international news content. But a fifth of UK households remain offline – and it is often those who could gain the most from internet access who are the least likely to be connected.

Making Digital Real sets out 7 Digital Participation Tests that local authorities, housing providers and other public, voluntary and community organisations can use to help plan their activities to support more people to gain access to the internet.

The report also provides Case Studies of successful digital participation initiatives in Liverpool, Leeds, Glasgow, Sunderland, Wiltshire and Fife, illustrating a wide

range of different approaches that can be used to tackle digital exclusion.

For more, click [here](#).

Recovery, public health and health promotion

Following a transatlantic seminar on recovery hosted by Strathclyde University - featuring SRN's Simon Bradstreet and Larry Davidson of Yale University - Lee Knifton takes a look at the implications of recovery for public health and health promotion, and vice versa. More [here](#).

How does money influence health? - JRF

This Joseph Rowntree Foundation report looks at the links between people's level of income and their overall health throughout their lives. It looks at individual causes and influences of health and income and concludes that "there is no specific pathway or mechanism that dominates the explanation, the pathways link to each other and interact across people's lives in multiple ways that influence health" and that underlying health inequalities are at the core of the problems people face.

Download it [here](#).

Delivery of Regeneration in Scotland Inquiry

The Scottish Parliament's Local Government and Regeneration Committee has published its report on 'Delivery of Regeneration in Scotland'. The Committee sought to identify and examine best practice and limitations in relation to the delivery of regeneration in Scotland. The report found that local people need to be more involved in all stages of the regeneration of their communities.

More [here](#).

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Funding

Legacy 2014 - New Fund Open

Legacy 2014: Sustainable Sport for Communities Fund is a £1 million fund which will help communities to be able to realise their ambitions of owning and running their own sports facilities. The initial package of support available will focus on clubs and organisations delivering sport and physical activity in their community who wish to:

- take on ownership and operation of existing local facilities
- build and operate new facilities
- make better use of current facilities through capital improvements

Clubs and organisations will initially be invited to apply for a package of support up to a maximum of £25,000 to cover the cost of investigating and progressing their ideas. This could include technical support such as architect and design fees, feasibility studies, community engagement, legal and financial support, mentoring support and assistance with organisational development

The fund is made up of investment from the Scottish Government and the Robertson Trust. Full details can be found [here](#) or alternatively contact Linda Macdonald, Project Officer, The Robertson Trust, email: linda.macdonald@therobertsontrust.org.uk or call 0141 353 7300.

Active Communities Funding for Groups in Aberdeen

Are you a local group and / organisation with great ideas to make your community an even better place to live? Are you seeking funds to turn your ideas into a reality?

Active Communities is a funding programme for local people wanting to create fairer places to grow, live, work and age. It is seeking 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. 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. see attached for more criteria.

For more information contact Mimi Mwasame mmwasame@acvo.org.uk.

CCF Funding

The third round of the Coastal Communities Fund (CCF) has reopened for applications. CCF aims to support the economic development of UK coastal communities by awarding funding to deliver sustainable economic growth and create jobs. The Big Lottery Fund is delivering the CCF on behalf of Government. Grants of £50,000 and over are available.

For CCF round three, The Big Lottery Fund are looking for fully developed projects that can spend their CCF award by 31st December 2016. It is important for potential applicants to be aware of this requirement. The deadline for applications is 30th April 2014. For more information, click [here](#).

Healthy at Home Fund

A new national fund will look at ways to improve care and support for older people and adults with complex needs.

By integrating health and social care, the Scottish Government wants to ensure that greater levels of care can be provided at home or in a homely setting.

The £10 million fund will build on the skills, knowledge and experience of individuals and local communities to help people with care and support needs to live well at home.

More [here](#).

Participatory Research Project: Young people's access to tobacco via social sources

NHS Lothian in partnership with University of Edinburgh invites expressions of interest from suitable youth-work agencies in Lothian in order to involve groups of local young people aged 12 years upwards in a participatory research project.

The purpose of the project is to investigate young people's access to tobacco through social sources such as family members, friends and adult (proxy) sales. Using a participatory research approach, youth agencies will engage and support local young people to design and implement a community based intervention or interventions to address the issue.

A total of four youth agencies will be selected to participate in the research project (preferably one from each LA area): each will receive a grant of £15,794 to cover expenses including staff costs.

Deadline 25th April. More [here](#).

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Events

CLEAR Training Day (Buckhaven)

Community group CLEAR are organising a learning cum training day on Community Orchard on Sunday 30th March 10am-3pm at the Community Growing Space, Omar Crescent Buckhaven KY8 1DR (park in Sandwell Street). There a growing movement to develop urban orchard to assist health and wellbeing especially in more deprived areas.

The programme is:

Apple Tree Grafting with Andrew Lear 10-12.30pm

- Learn how to produce your own fruit trees by grafting your chosen apple

variety onto a rootstock. You can take your own apple tree home for £3.

Lunch and talk about setting up community orchards 12.30-1.30

Tour of the orchards around Buckhaven 1.30-3pm

- CLEAR (Community-Led Environmental Action for Regeneration) have been planting fruit trees around Buckhaven since 2008 with the aim of making Buckhaven self sufficient in fruit, so far 1000 fruit trees have been planted as formal town orchards, edible hedgerows and wild orchards around the town. We would like to share our failures and successes with other groups in Fife who are interested in community orchards.

To book a place contact Judith McGowan on 07850627097, clearorchard@rocketmail.com. Meet at Buckhavens Bountiful Growing Space, Omar Crescent/ Burns Avenue KY8 1DR off Sandwell Street (park in Sandwell Street)

Scottish Women's Convention - Referendum event (Dundee)

Do you have enough information to make an informed decision? Have the two campaigns addressed your issues? Come along to this FREE event:

Saturday 12th April 2014
Queens Hotel
160 Nethergate
Dundee, DD1 4DU
10am—1pm

There will be representatives from both Better Together and YES Scotland. Lunch provided.

To Register telephone: 0141 339 4797 or email: info@scottishwomensconvention.org

Inclusion Scotland AGM & Conference

Inclusion Scotland invites you to join us at our AGM & Conference on "Scotland: Our Rights, Our Future"

This year there will be a report on what has been done to implement the UN Convention on the Rights of Disabled People. Inclusion Scotland wants to find out about the views of disabled people in Scotland on:

- What positive progress has been made?
- What needs to be done to make more progress?
- What should be the priorities for action in a future Scotland?

There'll be an opportunity to get responses from people involved in the 'Yes'

campaign for an independent Scotland and the 'Better Together Campaign' to stay as we are.

This event is aimed at disabled people and will also be of interest to representatives of voluntary, community and other organisations who support, advise or give assistance directly to disabled people.

- Friday 11 April 2014 10.30am to 4.00pm at
- The Thistle Hotel, Cambridge Street, Glasgow, G2 3HN

To register for a place download a booking form or contact: Angela Marshall – Email: angela@inclusionsscotland.org or telephone: 0141 559 5007.

Tobacco & approaches to multiple risk taking behaviours amongst young people

The theme of the next Youth and Tobacco Forum meeting is '*approaches to multiple risk taking behaviours amongst young people.*' This meeting is open to anyone with a remit for young people and tobacco.

- 28th May, Lynebank Hospital, Dunfermline

Presentations already confirmed for this meeting include:

- NHS Fife – Hub Drop-In Project
- Hannah Dale, Health Psychologist - NHS Fife - Targeting tobacco cessation through multiple risk behaviours in a vulnerable group – looked after young people.
- Christine Boyle & Natalie Johnstone – NHS Lanarkshire - Tackling smoking prevention with vulnerable young people

Please contact Jennifer Black to register for this meeting (jblack@ashscotland.org.uk). If you would like to provide an update for this meeting please get in touch.

'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.

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

More [here](#).

Climate Challenge Fund Gathering (Glasgow)

The Gathering is an opportunity for communities involved with the CCF, past, present and future to get together and share ideas, learning and their visions for a

low carbon Scotland and how they are making it a reality.

This year there are two events being held on 24 April for which you'll need to register separately. Both are free to attend for community group members in Scotland interested in tackling climate change.

CCF Gathering

- 24 April 2014, 09:00-16:40
- Community Central Hall, Maryhill, Glasgow.

Evening Film Showing & Discussion

- 24 April 2014, 18:00-21:00,
- Centre for Contemporary Arts, Glasgow.

The overarching theme of the day is 'connecting'. Delegates will leave the day equipped with positive climate connections to support them in their climate change action.

More [here](#).

Co-production in housing (Edinburgh)

This event brings together what Outside the Box have been learning, through projects which are part of the Scottish Government funded Capacity Building programmes to support the development of Self-directed support, about ways to make this support work well for older people, including people who have dementia. They also want to hear what other people are doing in their areas and groups

24 April. More [here](#).

Previously listed

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

Unequal lives, unjust deaths: A programme of health inequalities events (Edinburgh)

Following my email of the 7 March, the first event in the Voluntary Health Scotland Unequal lives, unjust deaths programme is now available to book online.

- Venue: Norton Park Conference Centre, Edinburgh

- Date: Tuesday 13 May 2014
- Time: 9.00 – 13.30 (including a sandwich lunch)

This free event, held in partnership with Children in Scotland, will focus on health inequalities, children and the early years. The event will support voluntary health organisations to gain a better understanding of health inequalities, to share learning and experience about the interventions that make a difference, and to encourage and support collaboration and partnership between public and voluntary sectors.

For further information and details of how to book, please visit their website [here](#).

Tackling Fuel Poverty in Scotland (London)

In the current economic climate where the cost of living is rising and incomes remaining mainly stagnant or in some cases decreasing, this important event will look at how best we can tackle fuel poverty in Scotland. During the course of this one day briefing, delegates will explore the issue of fuel poverty in Scotland as well as strategies to protect the most vulnerable in society.

Key topics for discussion include:

- Tackling the Drivers of Fuel Poverty
- Reviewing Energy Policy
- Working to Find Local Solutions to Tackling Fuel Poverty
- Protecting the Most Vulnerable in Society
- Addressing the Impact of Fuel Poverty Upon Rural Scotland
- Creating Energy Efficient Homes

They are currently offering £100 off standard delegate rates with Promo Code TFPED0304. Exclusive rate expires 5pm Thursday, 3rd April.

27th May 2014. Booking [here](#).

Let's talk teens (Glasgow)

Book now for this PAS seminar on the information needs of parents of teenagers.

- 29 April 2014

Parenting Across Scotland plan to launch the findings of research into the information needs of parents of teenagers. Speakers include John Coleman, University of Oxford, the Scottish Government and the Scottish Collaboration on Public Health Research and Policy.

More information about the background to this report and booking [here](#).

ALLIANCE Conference (Edinburgh)

The ALLIANCE and partners, The Joint Improvement Team and NHS Health Scotland, invite you to join our 2014 Annual Conference: Scotland - Small country, big ideas - imagining our future

- Monday 19 May 2014
- Pollock Halls, 18 Holyrood Park Road, Edinburgh, EH18 5AY

This full day event is aimed at all those with an interest in shaping Scotland's health and social care, including: people who access support/services, unpaid carers, third sector, NHS, local authorities, Health and Social Care Partnerships, policy makers, service planners, frontline practitioners, professional bodies.

Register for this event today, book [here](#).

Patient participation and involvement in health care (Glasgow)

In the past decades the position of patients and clients in health care has significantly altered. On an individual level they are supposed to take up an active role in the management of their own health and health care, both within the consultation room and at home. On a collective level, patients and citizens are more and more regarded as important stakeholders.

- Pre conference Wednesday 19 November 2014 (09:00 - 17:00)
- Scottish Exhibition and Conference Centre, Glasgow, Scotland, UK

In this pre conference, they would like to share research and best practices regarding patient or citizen participation and involvement in health care, both from the individual and the collective perspective. Keynote speakers from the Netherlands, the UK and Denmark will address these topics.

Booking [here](#).

Previously listed

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.

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Training

Free Training: Youth Achievement & Dynamic Youth Awards (Edinburgh)

Do you work with young people on health or social issues? Would you like to get them formally accredited for their work? ASH Scotland is offering FREE induction training on Youth Achievement and Dynamic Youth Awards. The training is open to anyone who works with young people. We would encourage groups to work on tobacco related projects to attend, however, we know tobacco can link to many different topics we would welcome delegates who work with young people on a range of health and social issues.

- 20th May, ASH Scotland, Edinburgh

The awards are on the [Scottish Credit and Qualifications Framework \(SCQF\)](#) by the Scottish Qualifications Authority (SQA) and provide a link to meeting the experiences and outcomes of the [Curriculum for Excellence](#). To register contact Hazel Cunningham (Development Officer – Young People) Hazel.Cunningham@ashscotland.org.uk, and if you have registered already please confirm you are able to attend on 20th May.

CPD training for primary care practitioners (Glasgow)

There's still time for GP's, practice nurses and trainees to register for Scottish Reconvet Network's compact 2-part introduction to recovery practice <http://bit.ly/1aQ8sKL>

Anti Stigma Training: Understanding Mental Health (Renfrewshire)

The Understanding Mental Health half day course complements the MINDSET and

Mentally Healthy Workplace online courses. Understanding Mental Health will provide participants with valuable tools to deal with issues they may encounter in their professional and personal lives and reinforce learning, through discussion, questions, exchange of ideas and exploration of practical issues.

The courses take place across a number of dates. More [here](#).

Scottish Welfare Fund training sessions (Inverclyde)

The Child Poverty Action Group (CPAG) is planning to run information and awareness sessions on the Scottish Welfare Fund in Inverclyde during March/April 2014. The sessions aim to provide frontline staff in support organisations with a clear understanding of the Fund and how to apply. Sessions will last 1 to 1.5 hours for 15 - 25 people. CPAG will organise delivery of the sessions and they are keen for them to take place during March/April 2014. If this is of interest to your organisation please let CVS Inverclyde know as soon as possible by e-mailing Carys with your name, organisation, contact telephone number and email address, or call [Carys](#) on 01475 711 733. For more information, click [here](#).

PAIH training (Glasgow)

Positive Action in Housing has a range of training courses based on topics related to health and wellbeing.

- [Welfare Rights](#)
- [Domestic Abuse Awareness](#)
- [Mental Health Awareness](#)
- [Rights and Entitlements of EU Nationals](#)
- [Rights of Refugees and Asylum Seekers](#)

For more, click [here](#).

Communicating with your communities and customers (Ayr)

Social Enterprise in South Ayrshire? This event will be useful to any organisation that needs to be more effective in informing customers, communities and stakeholders about what they are doing.

- UWS Ayr Campus
- 10th April 2014 - 9am-2pm

Registration Required! Please email to register:
chris@voluntaryactionsouthayrshire.org.uk.

Click [here](#) for more information and agenda

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:

- 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.

Previously listed

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.

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

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Vacancies

Voluntary Action Scotland - Research and Information Assistant (Glasgow)

VAS is the network organisation for Scotland's local third sector support organisations. We have an entry level research position available for a graduate looking to develop their skills working with a wide range of third and public sector stakeholders. With excellent research and analytical skills and a real commitment to the third sector you'll assemble the evidence that demonstrates the impact of the third sector. You'll gain great experience working with a wide range of third and public sector stakeholders and you'll contribute directly to the development of a critical part of Scotland's third sector infrastructure.

- Salary: £18,000

- Closing Date: 5pm, 28th March 2014

To download the job description, person specification and application form click [here](#). If you have any questions or difficulties accessing the application form please contact Melissa.cairney@vascotland.org or call 0141 353 4323.

Mental Health Foundation – Part Time Research Assistant (Edinburgh or Glasgow)

The Mental Health Foundation (MHF) is looking to recruit a part time Research Assistant to provide administrative and basic research support to the research team. Specifically the post holder will support the evaluation of 'See Me,' Scotland's anti-stigma programme, and the remaining time will be spread across existing projects and in-house research needs. The post will be based in our Edinburgh office, although we will consider applicants who wish to be based in Glasgow.

- £21,795-£22,793 (pro rata, 21 hours per week)
- 9 month contract

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 or go to www.mentalhealth.org.uk/jobs for more information.

For an informal discussion contact Joanne McLean on 0131 243 3800. Closes 10am Monday 31st March. Interview date: Thursday 10th April, 2014.

Dunfermline Advocacy - Fundraising and Events Officer (Dunfermline)

This new post is key to financing the growth and development of Dunfermline Advocacy's advocacy resources. Working to the organisation's strategic plan and financial targets, the post holder will be responsible for developing a fundraising infrastructure in the West Fife communities, along with supporting the Chief Executive with grant and trust applications where appropriate. They will also be responsible for recruiting community fundraising and event volunteers, managing fundraising resources, and working with the Dunfermline Advocacy Development Team to raise awareness of the organisation's social value.

- Salary:£20,274 - £21,387 pro-rata
- Salary info:16 hours per week
- Job Type:Part time
- Closing date: 3 April 2014

More information [here](#).

Experienced Graphic Designer (Edinburgh)

BOLD is a fully integrated creative agency that employs an innovative approach to brand development and strategic marketing. Our clients are third sector organisations and social enterprises. Our portfolio can be seen at www.bold-

marketing.co.uk.

- Salary : £24,000 (pro-rata).
- Status : Part time (22.5 hrs/wk, for 6 months) or Freelance
- Benefits : 7.2% pension contribution after 3 month probationary period
- Location : Edinburgh and West Lothian, with possible travel throughout Scotland
- Closing Date : 5pm on the 21st April 2014

They are looking to recruit an enthusiastic and creative individual to assist the current graphic design team in producing creative and artwork for use in branding projects and websites on behalf of our clients.

To apply for the above position, please send your CV along with a link to your portfolio (if online) to Judith Hutchinson on 01506 862227 or e-mail info@communityenterprise.co.uk. If you want to discuss this post in more detail, please call John Ayscough on 01506 862227 or 07989952192.

Previously listed

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](#).

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Websites

Earthhour.wwf.org.uk

This Saturday 29th March, 8:30PM GMT is Earth Hour - where the goal is for everyone across the world to turn off their lights for one hour to celebrate the planet and how we exist on it.

This is a global event and has been highly successful in previous years. You can find the WWF website with more information [here](#).

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