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CHEX NEWS

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CHEX National Conference: 'CHEX Points to...New Challenges, New Responses' – Feedback

CHEX welcomed approx 100 delegates to its national conference in Stirling this week (Monday 28th February). After the original date in December 2010 having to be postponed due to bad weather, we were extremely pleased that the majority of delegates and presenters were able to reschedule and maintain their commitment.

The conference, 'CHEX Points to New Challenges, New Responses' was an informative, interactive, and stimulating event which brought to the forefront the key challenges facing community-led health organisations working to tackle health inequalities and turned the spotlight on the creative contribution that communities themselves are making with proven methods and new approaches.

Stewart Murdoch, Director of Dundee City Council & Chair of CHEX's parent organisation SCDC chaired the event and welcomed contributions from Gerald McLaughlin, Chief Executive, NHS Health Scotland, Emma Balfour, Communities for Health Advisory Group and John Cassidy, Volunteer Director of the Scottish Healthy Living Centre Alliance. Emma and John talked about the role and engagement of community-led health initiatives at a national level and helped delegates to think about their influence and potential engagement in the national policy arena. Emma invited delegates to endorse the 'Communities for Health Advisory Group' draft Manifesto for community-led health. To read the Manifesto, click [here](#).

We were very pleased that again the keynote speech was given by Shona Robison MSP, Minister for Public Health and Sport. In revisiting her speech at last year's conference, she fully endorsed the work of community-led organisations and highlighted the need for their approaches in health improvement and tackling health inequalities. Now that cut-backs and stringent budgets are beginning to bite she underlined the need to support communities to become more involved in their health

outcomes and reinforced the role of CHEX together with other initiatives e.g. Asset Alliance in this movement.

Another highlight of the day was the lively 'CHEX Chat' panel discussion hosted by broadcaster Lesley Riddoch who provoked both panel members and delegates alike to articulate their new responses to both old and new challenges. Lesley was keen to get under the skin of current language and particularly pushed for clarity on the significance and benefits from asset-based work.

A full report of the conference will be available shortly.

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### **New edition of 'Breaking Through' profiles community-led health organisations**

CHEX is delighted to announce that the second edition of 'Breaking Through' is now available to download. While the first edition (in July 2009) highlighted the work of Healthy Living Centres, the second – 'Community-led Health Organisations: Removing Barriers to Wellbeing' – profiles the activity and impact of other community-led health organisations in Scotland. It also builds on lessons from Healthy Communities: Meeting the Shared Challenge programme disseminated in 2010 which drew on a range of case studies, including those from public sector agencies.

CHEX now complements these with illustrations of the work and impact of 6 organisations in the community and voluntary sector. We focus on different themes and highlight the variety of approaches from rural, town and urban communities. These organisations remain at the fore front of working with communities. Despite significant cut-backs in funding, they strive to break down barriers in engaging with people, responding to local needs, reinforcing connectivity within communities and linking their evidence into national and local strategic priorities. All aspects of health are addressed – psychological, physical, emotional, and environmental.

These articles are designed to inspire and enthuse, but can also be used to highlight the added value of community-led health approaches and to strengthen the evidence base of community-led health work. They illustrate diverse approaches and activities for responding to community identified need and differing community characteristics, and ensuring the fullest community involvement in all aspects of their work.

Download 'Breaking Through' from the CHEX website [here](#).

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| <b>HEALTH ISSUES IN THE COMMUNITY</b> |
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### **HIIC Part 2: Ideas Into Action Evaluation**

Four students recently participated in Part 2 HIIC – Ideas Into Action, following on from their successful accreditation from Part 1 Ideas into Action. The HIIC course was delivered at The Courtyard, Westercommon in Possilpark, North Glasgow and was a partnership between Queens Cross Housing Association and North Glasgow Healthy Living Community. The Course tutor was Glynis Boyle: Health & Wellbeing Worker from NGHLC.

As part of the student's community research project, they chose to research what impact would the current Government Spending Reviews have on the local Addiction Service Providers and Service Users. Students carried out face-to-face interviews and developed a questionnaire to be completed by both service users and service providers in North Glasgow.

On Wednesday 9 February 2011, students invited key stakeholders from the Addiction Services – including members from the local Addiction Forum – to come along to North Glasgow Healthy Living Community to form an audience for the students to present their community research findings to and participate in an open floor Q&A session.

Following on from the Students delivery of their presentation, they have now been invited along to:

- North Glasgow Addictions Forum to present their presentation to the wider group on March 2nd at St Matthews Centre, Possilpark.
- Invited by Community Reference Group/ Glasgow Life Community Engagement Officer to participate at the Glasgow City Alcohol And Drug Partnership as they are preparing their first ever strategy on alcohol and drugs and are looking for the students views.
- Addiction Service Users Network (SUN) are planning a city wide event to bring together addiction service user groups involved in local decision making structures together for a presentation and networking event. Students have been invited along to give their findings and share their experience with SUN.

This is a great example of individual change and community led action following participation in HIIC Course. There is clear evidence that, having undertaken the HIIC Course, the confidence and energy of individual participants has been rekindled. As a group, they have gone on to present their findings to, and hopefully have an influence on, those who will be involved in developing the strategy for dealing with alcohol and drugs. For more information on Health Issues in the Community, visit <http://www.chex.org.uk/hiic/>. (Thanks to Glynis Boyle for this article).

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### **Physical Activity & Health Awards 2011**

PAHA is delighted to announce that the Physical Activity & Health Awards are being offered for the second year running. These awards will be celebrated at the 5th Annual National PAHA Conference and will recognise outstanding efforts that reflect the implementation of the national strategy, Let's Make Scotland More Active. You can choose to recognise a project, team, organisation or individual working for excellence in the promotion of physical activity and health. The nomination process is now open and there are seven main categories covering the range of settings, initiatives and workforce in physical activity. For further information and guidance on how to submit a nomination [visit the PAHA website](#). The deadline for nominations is noon on **Friday 8 April 2011**.

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Patient Rights Bill passed

A package of measures to improve patients' experience of the NHS became enshrined in law for the first time last week as the Patient Rights (Scotland) Bill was passed. A legal treatment time guarantee and a legal right to complain are among the package of measures passed by the Scottish Parliament. Measures in the bill include:

- a 12-week treatment time guarantee
- provision for a patient advice and support service
- bringing in a legal right to complain
- a duty on Scottish Ministers to publish a Charter of Patient Rights and Responsibilities

The bill also places a duty on NHS bodies to encourage patients to give feedback or comments, or raise complaints on the care they have received. Scottish Ministers may give directions to relevant NHS bodies regarding the use of conciliation or mediation to try to resolve complaints. For more details, visit <http://www.scotland.gov.uk/News/Releases/2011/02/24170633>.

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### **Charities encouraged to give Insight into their work**

Insight Aberdeen, the City's annual third sector and volunteering fayre, will be taking place this year on Saturday 2 July at the Music Hall and event organisers Aberdeen Council of Voluntary Organisations (ACVO) would like to encourage local charities to get involved.

Fifty local voluntary organisations will be given the opportunity to man stalls at the fayre, promoting their work and providing information about volunteering opportunities and fundraising events. The stalls are allocated on a first come, first served basis and are always snapped up quickly so interested parties are urged to get their booking forms in now! The event will also feature short performances by local entertainment troupes and will include face painting fun for children.

Insight Aberdeen is a popular annual event with over 800 people dropping in for information and entertainment last year and even more expected in 2011. Further information about participating in the fayre is available from [www.acvo.org.uk/Fayre2011.html](http://www.acvo.org.uk/Fayre2011.html) or [mduff@acvo.org.uk](mailto:mduff@acvo.org.uk).

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International fully-funded opportunity for UK Community Organisations

Global Xchange is a partnership between VSO and the British Council, established in 2005 as an international volunteering exchange programme for 18 to 25 year olds. Global Xchange are seeking partnerships with local community organisations in the following communities across the UK: Birmingham, Bradford, Manchester, Newcastle, Plymouth, Newham (London), Swansea, Dundee and Derry / Londonderry. A pack explaining the partnership offer and an application form can be found on www.globalxchange.org.uk. Alternatively, call 0208 780 7500 or email globalxpartners@vso.org.uk. The deadline for applications is **Friday 18 March 2011 at 3pm**.

Global Xchange are holding information events in each selected community over the next few weeks, which will be an opportunity to discuss the potential for partnership in more detail. An event is scheduled to take place in Dundee on Thursday, March 10 2011, from 2.00pm to 4.00pm in the Mitchell St Centre, Mitchell St, Dundee, DD2 2LJ. To book your attendance at this event, e-mail globalxpartners@vso.org.uk giving the following details; your name, your organisation and which of the following regional events you will be attending i.e. Dundee.

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### **Health Checks across Scotland**

A new service, rolled out across Scotland last week, sees all Scots turning 40 being invited for a health check. The NHS 24 service - 'Life Begins at 40' - will allow those contacted to assess their own health online or over the phone. Following completion of the self assessment questionnaire the user will be given health information specifically tailored to their individual needs, along with relevant signposting to other sources of information on national and local services

'Life Begins at 40' is part of a package of services, backed by nearly £15 million, to help people over 40 check up on their health.

- The Keep Well programme, which currently provides health checks in certain areas of high deprivation, will now be extended in an £11 million plan to cover all of Scotland's poorest communities from 2012. As part of this programme, steps will also be taken to ensure health checks are offered to eligible carers.
- A four year pilot project, backed by over £3.5 million, will also start this year to explore the feasibility of introducing universal face-to-face 'heart MOTs' to over 40s. As part of the pilot, around 20,000 people in a number of areas across Scotland will receive a check-up.

For more details, visit <http://www.scotland.gov.uk/News/Releases/2011/02/21091044>.

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### **A Social Enterprise Strategy for Glasgow**

At a time of enormous change in our economy and in our public services, social enterprises have a key role to play in combating disadvantage and strengthening communities in Glasgow. Think!

Research for Social Change ([www.thinkresearch.org.uk](http://www.thinkresearch.org.uk)) are working with CEiS and the Glasgow Social Enterprise Network to develop a plan that will help realise the full potential of social enterprise in Glasgow.

Does your organisation operate as a social enterprise? If you can answer 'yes' to the following questions Think! want to hear from you:

- Does your organisation have social/environmental objectives?
- Does it have its own constitution and governing body?
- Does it generate a significant amount of its income from trading/contracts?
- Are financial surpluses/assets used for social benefit, not privately distributed?

Think! are gathering information that can demonstrate the scale, potential and needs of social enterprise in Glasgow. Please help them by registering information on your organisation [here](#). All information collected in the survey will be treated as strictly confidential and in accordance with the Data Protection Act. A paper or e-mail copy of the questionnaire is available on request. The closing date for responses is **Friday 11 March 2011**.

At the end of the questionnaire there is the opportunity to register your interest in attending a short session to hear about the findings from this survey and discuss the priorities for social enterprise in Glasgow. These follow-up sessions will be held at:

- *Adelphi Centre, Glasgow – Wednesday 9 March 2011, 2.00pm to 4.00pm*
- *Orkney Street Enterprise Centre, Glasgow – Thurs 10 March 2011, 10.00am to 12 noon*
- *Glasgow East Regeneration Agency, Glasgow) – Tues 22 March 2011, 10.00am to 12 noon*

If you would like to find out more about the study or ways to get involved please contact Ndai Halisch (Researcher, Think) at [ndai@thinkresearch.org.uk](mailto:ndai@thinkresearch.org.uk) or on 0141 352 7419.

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SNDRí 2010-2011 Survey

The Scottish Nutrition and Diet Resources Initiative (SNDRí) are carrying out a survey to find out what you think about their service, diet and nutrition information (diet-sheet) developments and plans for the future. The survey will take no more that 15 minutes of your time. If you would like to take part please visit www.surveymonkey.com/s/2010-2011SNDRiSurvey.

Please note that the survey will close on **Monday 14 March 2011**. SNDRi would also be grateful if you pass this request to any colleagues/ groups/ forums/ networks/ organisation who may also like a say in what they do.

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### **Learning For Change: UN Decade for Sustainable Development: Communities Survey**

SCDC (Scottish Community Development Centre) is a member of a group working with Learning and Teaching Scotland and the Scottish Government on Education for Sustainable Development. The goal of sustainable development is that all people throughout the world satisfy their basic needs and enjoy a better quality of life without compromising the quality of life of future generations. There has been a growing recognition over the first five years of the UN Decade of Education for Sustainable Development that more can be done to help community groups to learn about sustainable development and how they can actively contribute towards it.

The [Learning for Change](#) Action Plan asks communities, and those who work with them, to do more. The goal of this survey is to have a baseline of activity currently taking place within communities on education for sustainable development to inform future thinking and planning.

Please complete the survey at <http://www.surveymonkey.com/s/LHXCHGN>. The survey will close on **Monday 21 March 2011**.

## **Voluntary Health Scotland - SIGN survey on public awareness of Guidelines and their implementation**

Voluntary Health Scotland has joined forces with the Scottish Intercollegiate Guidelines Network (SIGN) to find out the degree of public awareness of SIGN Guidelines by carrying out the survey at this [link](#). The purpose of SIGN is to improve the quality of health care for people in Scotland by reducing variation in practice, through the development of national clinical guidelines based on the best evidence.

SIGN is committed to involving patients and interested members of the public in the development of its Guidelines, in raising awareness of new Guidelines and in implementation. Involving patients and carers in Guidelines allows their views and their experiences to complement the evidence gained from research and the experience of health care professionals.

Voluntary Health Scotland has as a key objective the promotion of public involvement in health services. VHS aspires to see a broad range of people in Scotland, including those with specific conditions and people from less visible groups, contribute to the development of health policy and health services.

Guided by the patient and public involvement priorities of both SIGN and Voluntary Health Scotland, VHS has undertaken this survey into public awareness of SIGN Guidelines and their application in health care in Scotland. Please respond to the survey by **Tuesday 12 April 2011**. Please be assured that any information you provide will be used in strict confidence.

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Healthy Working Lives: the contribution of the voluntary sector

Improved employment experience and employability are key to combating health inequalities. Healthy Working Lives (HWL) is Scotland's programme for maintaining and improving workplace health and supporting people to improve their employability and employment chances.

Central to HWL is the Award Programme which supports employers and employees to take forward health improvement and safety measures in the workplace and gain recognition of achievements at Bronze, Silver and Gold levels. Voluntary Health Scotland (VHS) is a member of the National Advisory and Advocacy Group (NAAG) for HWL and with SCVO has undertaken to inform its members about the value of the Award Scheme, through which SCVO has itself gained the Bronze Award.

The third sector makes a difference to HWL in three key ways:

- By engaging in the HWL Award scheme directly – VHS and SCVO are keen to encourage more organisations to do so
- By promoting the value of HWL throughout the wider third sector
- By encouraging employers (whether in the private, public or voluntary sector) to make use of the many specialist services provided by the third sector, focusing especially on supports that contribute to workplace health / wellbeing and employability

VHS is currently seeking information about this third area. They are particularly seeking examples of work in:

- Mental health, counselling, stress management, complementary therapies, exercise / fitness
- Substance use reduction – smoking cessation, alcohol counselling, drugs rehabilitation work
- Support for people at work who are affected by long-term conditions and disabilities e.g. MS, arthritis
- Employability services

It would help considerably if you answer the brief questions by [clicking here](#) and submitting your answers to VHS who intend to produce a report of the vital contribution that the third sector makes to Healthy Working Lives in Scotland. Please be assured that any information you provide will be used in strict confidence.

Briefing for elected members on community engagement available

CHEX's parent organisation SCDC (Scottish Community Development Centre) has written a briefing for elected members on community engagement on behalf of the Improvement Service. It sets out the role for elected members, some of the issues and challenges they can expect, and provides guidelines to promote effective engagement.

The briefing may also be useful for community organisations looking to their councillor to open up opportunities for engagement. Read the [Community Engagement briefing](#).

Next steps: Monitoring and evaluation on a shoestring

This new guide from CES' (Charities Evaluation Service) National Performance Programme is essential reading for third sector organisations that need to be able to show the difference they make and improve their performance. Designed as a practical guide it will help organisations to develop their monitoring and evaluation approach and improve their effectiveness on a limited budget. With increasing pressure on organisations to prove their worth, this guide is not to be missed if you need help demonstrating the difference your services make to people's lives.

The guide is [free to download](#) or you can [order a hard copy for £7.95](#). For more on CES, visit <http://www.ces-vol.org.uk/index.cfm>.

NHS Health Scotland newsletter and bulletins available

- a) **All In Good Health e-newsletter** - The new electronic edition of All in Good Health for winter 2010/11 is now available to download from the NHS Health Scotland website by clicking [here](#). AIGH is fully interactive and allows you to click through easily, view websites and download online material such as reports and DVDs.
- b) **WISH Monthly eBulletin** - The latest WISH network e-bulletin (February 2011), highlighting issues of interest around positive sexual wellbeing, is now available for download [here](#).
- c) **Mental Health Improvement e-bulletin** - The latest Mental Health Improvement e-bulletin (February 2011) is available to download [here](#).

Funding news from VAF**a) Celebrating Volunteering!**

Over 1.3 million Scots volunteer on a regular basis, and many more volunteer informally each year. This contributes to a better Scotland for us all by helping to support the most vulnerable people in our society, and creating stronger and more resilient communities. As 2011 is designated the European Year of Volunteering (EYV), Scotland has an opportunity to acknowledge its valuable volunteers.

To help celebrate EYV, the Voluntary Action Fund (VAF) with funding from the Scottish Government, is dedicating small grants to promote and celebrate the work of volunteers in Scotland. Grants will be awarded for activities that clearly contribute to:

- Increasing the number of people engaged in volunteering

- Increasing the diversity of volunteers especially those from disadvantaged groups
- Volunteers feeling valued and supported

The grant is open to community groups and voluntary organisations with an annual income below £250,000; however groups with an income below £100,000 will be considered a priority. In addition, free training to help increase the skills of members, staff or volunteers will be offered to groups applying for a grant. It is expected that the majority of grants made will be around £500; although grants of up to £1,000 may be awarded for exceptional projects. EYV small grants will be considered twice a year and should be submitted by **15 April 2011 or 15 September 2011**.

b) Cash for Your Group!

The Voluntary Action Fund (VAF) is delighted to announce that its popular Community Chest small grant programme (CCP) is being extended for a further year. The programme was so successful during 2008-11 that it has helped over eight hundred community groups and organisations across all local authority areas in Scotland to sustain and improve their activities. Aimed at Scotland's smaller community groups and voluntary organisations, this additional year of Community Chest will provide grants of up to £1,000 and free training to groups with an annual income under £25,000.

Groups can apply for funding for a wide range of activities or operational costs. However, VAF is particularly keen to fund activities that will help build and develop strong organisations, for example; training for committee members and volunteers; visits to other organisations and conferences or professional support and consultancy. In addition, VAF is also keen to fund groups who work with...Disability or health related issues; People who are excluded due to their ethnic origin, disability, gender, or sexual orientation; Families and young people; Older people. Community Chest grants will be considered 3 times a year and should be submitted by **15 April 2011, 15 September 2011 or 15 January 2012**.

The relevant application forms and guidance notes for both schemes above can be downloaded from the VAF website at www.voluntaryactionfund.org.uk. Alternatively, contact Patricia at the Voluntary Action Fund by phoning 01383 620780 or e-mailing Patricia.McKibben@voluntaryactionfund.org.uk.

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**Zero Waste Scotland Volunteer Scheme**

Zero Waste Scotland will fund groups across Scotland to create a local, long-term quantifiable impact on waste reduction. Each group will be funded to employ a part-time Coordinator, who will recruit, train and coordinate volunteers and will report progress to ZWS Regional Managers. Each group will establish its own capacity to deliver a range of campaigns that most effectively address local concerns or ambitions, including Home Composting, Love Food Hate Waste, Recycle Now and other mini campaigns or information. Volunteers can specialise in areas of interest, and will attend events, generate media coverage and provide advice and support directly to householders, as part of Zero Waste Scotland's national network. F

Forms and guidance can be accessed at [www.zerowastescotland.org.uk/volunteer](http://www.zerowastescotland.org.uk/volunteer). The closing dates for applications is **5pm on Monday 21 March 2011**.

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**Church in the Mount Befriending Service events**

The Church in the Mount Befriending Service is holding two events over the next few weeks, including a fundraising concert and an information event/ AGM.

**a) Charity fundraiser concert - 'An evening with Alastair McDonald'**

*Thursday 10 March 2011, from 7.30pm  
Clincarthill Church, Mount Florida, Glasgow*

The Church in the Mount Befriending Service is having a charity fundraiser concert – an evening with the popular Scottish folk singer Alastair McDonald at Clincarthill Church – on Thursday 10 March.

Tickets are £5.00 (adults) and £4.00 (children) and can be purchased by telephoning 0141 649 8800 / 07906065818 or e-mailing [churchinthemount@btconnect.com](mailto:churchinthemount@btconnect.com). Alternatively, pop into the Church in the Mount office at 4 Clincart Road, Mount Florida, Glasgow G42 9DJ.

**b) Information event/ AGM**

*Wednesday 16 March 2011, 2.00pm to 4.30pm  
Hampden Stadium, Glasgow*

Do you want to find out what is happening in Mount Florida, Battlefield and surrounding areas? Or would you like more to be happening? Why don't you go along to this information event/AGM to be held at Hampden Stadium and find out more? Stalls, information, consultation - then AGM when complimentary tea & coffee and cakes & biscuits will be served.

For further information, telephone 0141 649 8800 or 07906065818 or e-mail [churchinthemount@btconnect.com](mailto:churchinthemount@btconnect.com). Scottish Charity No: SC010138

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RNID 'Hear to Help' Project Coffee and Information Morning

*Thursday 10 March 2011, 10.00am to 12pm
The Salvation Army, Mill Street, Paisley PA1 1ND (Next door to the Lagoon Leisure Centre)*

RNID Scotland's 'Hear To Help' project is hosting an information and coffee morning on Thursday 10 March. Includes:

- Tea/coffee
- Home baking
- Information stalls
- Viewings of equipment that can assist people who are deaf/hard of hearing
- Hearing checks
- Hearing aid maintenance

For further information, contact Donna McSwiggan by e-mailing donna.mcswiggan@rnid.org.uk or telephoning 0141 341 5338. All welcome!!

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**Beetle Drive – Fundraiser for Health All Round**

*Friday 18 March 2011, 7.00pm to 9.00pm  
St. Martin's Church, 232 Dalry Road, Edinburgh EH11 2JG*

Health All Round is a community health project dedicated to promoting physical, emotional and social wellbeing in the local community. They are currently raising funds to turn St Martin's Church on Dalry Road into an exciting, inclusive new community resource centre which will house several different projects, offering a wide range of services to local people, from counselling and art therapy to dance classes and fitness groups.

Over the course of the year, they will be hosting a range of events to help raise funds. Go along to their Beetle Drive on 18 March - a fun evening for all the family! Wine, soft drinks and refreshments will be available for a small donation. Have a good time supporting a good cause!

Tickets costing £3 (adults) and £2 (kids) are available in advance from Health All Round, Spingwell House, Ardmillan Terrace, EH11 2JL or can be reserved by e-mailing [Rose@healthallround.org.uk](mailto:Rose@healthallround.org.uk).

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The Clinic - An Evening of Serious Standup

*Thursday 24 March 2011, from 7.30pm
CCA, Sauchiehall Street, Glasgow*

Join Universal Comedy for your repeat appointment at The Clinic, CCA. Support the Universal Comedy Graduates show-casing their hilarious take on mental health, ill health...and life!

Supported by Universal Comedy's famous Comedy Tutors: Steven Dick, Viv Gee, Raymond Mearns, Jo-Jo Sutherland and Paul Sneddon!

Tickets are priced £5 (£4 conc.) and are available from the [CCA](#) or online at www.ticketsoup.com or by telephone on 0844 395 4005. For more on Universal Comedy, visit www.universalcomedy.co.uk, call 0141 564 1200 or e-mail enquiries@universalcomedy.co.uk.

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### **Do you want to know more about cancer research in Edinburgh?**

*Wednesday 6 April 2011, 3.30pm to 6.30pm  
Seminar Room, Edinburgh Cancer Research Centre, Crewe Road South, Edinburgh, EH4 2XR*

The Edinburgh Cancer Research Centre would like to invite you to hear from three of their senior scientists about the latest research in the following areas:

- Cancer biology and drug discovery
- Clinical research and cancer trials
- Managing pain in cancer patients

You will then be welcome to tour the labs, talk to Centre's researchers and hear about some more of their groundbreaking research in Edinburgh.

The event is open to the public but places are limited. Register by contacting Julie Emslie, SCRNI, Edinburgh Cancer Centre, Western General Hospital or by email to [julie.emslie@luht.scot.nhs.uk](mailto:julie.emslie@luht.scot.nhs.uk).

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The Big Lunch 2011

*Sunday 5 June 2011
Across the UK*

The Big Lunch is a very simple idea from the Eden Project. The aim is to get as many of the 61 million people in the UK as possible to have lunch with their neighbours once a year; it's happening on Sunday 5 June 2011. Your event can be anything from a simple lunch in your garden to a huge street party. Nearly 1 million people took part last summer.

Having a Big Lunch with your neighbours this summer will be great fun! Here are just a few reasons why it's good to sit down and eat with your community:

- To stoke up community spirit – we call it 'human warming'.

- To make the third of us who live alone feel happier, closer and friendlier.
- To show how local people can change a neighbourhood for good, forever.
- To conquer our natural shyness by opening our curtains, doors and minds and looking out for one another.
- To share stories, skills and tools, so we all end up richer in every sense.
- To discover common ground across age, class, faith, race and the garden fence, and to remind ourselves that charity begins at home, or at most, a couple of doors away.
- To raise funds for charities

For more information, visit <http://www.thebiglunch.com/index.php>.

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The CLD Standards Council Conversations: A CLD contribution to Scotland as a Learning Society

*Thursday 10 March 2011, 11.00am to 2.00pm
Jury's Inn, Union Square, Aberdeen*

Over the next twelve months, the CLD Standards Council will be hosting a major series of seminars exploring views on the advancing of Scotland as a Learning Society. They hope that you will be part of this national conversation. This is one strand of their Ideas Academy initiative which aims to contribute to widening the professional debate in CLD in Scotland.

Running from January 2011 and continuing till June, four seminars are large participative gatherings of practitioners; a further ten smaller group meetings are being held to ensure specific arenas have a clear voice in the conversation. At the end of this national conversation, a conference will be convened where the findings of this process will be shared.

The seminar in Aberdeen on 10 March will have Community Health focus. Places at the seminar are limited to eight and will be allocated on a first come, first served basis. To book your place, please email Kirsty Horne on K.Horne@LTScotland.org.uk

The CLD Standards Council believes that these Conversations offer an opportunity for the CLD field not only to contribute to the national debate on learning but to shape it. They are anticipating that your experience in this field will be of significant value in developing this conversation and hope that you will not only participate in these events but encourage colleagues to do so as well.

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**Final opportunity to register for the Alcohol and Tobacco Policy Summit**

*Tuesday 15 March 2011  
Hilton Grosvenor Hotel, Edinburgh*

Alcohol Focus Scotland, ASH Scotland and Scottish Health Action on Alcohol Problems have organised a joint conference which will consider what progress has been made in alcohol control and tobacco control and explore what each sector might learn from the other. Chief Executive of AFS Evelyn Gillan and Chief Executive of ASH Scotland Sheila Duffy look forward to hearing your views and ideas to improve Scotland's health. A report with policy recommendations will be circulated to delegates and to the Scottish Government.

The conference will be chaired by health journalist and broadcaster Pennie Taylor and highlights include Expert speeches; Q&A sessions and table discussions; Address from Cabinet Secretary for Health and Wellbeing Nicola Sturgeon; MSP Question Time panel.

This Summit is an opportunity for all those involved in countering the damaging effects of alcohol and

tobacco on Scotland's health, social relations and economy to come together to hear the latest analysis and ideas from professionals involved in the field of public health. Importantly this Summit is looking to delegates to contribute towards new solutions through Question & Answer sessions, facilitated table discussions, and panel discussions. Registration forms are available at <http://www.ashscotland.org.uk/policy/event-tobacco-and-alcohol-policy-summit>.

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Regeneration Discussion Paper: Open Forum

*Tuesday 15 March 2011, 10.00am to 11.45pm
Highlander House, 58 Waterloo Street, Glasgow*

The Regeneration and Commonwealth Games division of the Scottish Government published on 9 February 2011 a discussion paper called Building a Sustainable Future. The discussion paper is not a consultation and the Scottish Government are not seeking formal responses. However, they are offering stakeholders the opportunity to air their views and get their opinions heard.

The paper is the starting point for stakeholders to engage in a wider debate and discussion about regenerating our cities, towns and villages. This open forum will encourage that debate as well as consider the key questions set out in the discussion paper; the challenges facing the sector in the current economic climate as well as generating new ideas and thinking about the way forward.

To book your place at this event click [here](#) or contact Thos.brown@scotland.gsi.gov.uk or call 0141 271 3736.

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### **Sustainable Development Education Conference**

*Thursday 31 March 2011, 10.00am to 4.30pm (registration form 9.30am)  
Godfrey Thomson Hall, University of Edinburgh, Holyrood Rd, Edinburgh*

The SDE Network's annual conference is an opportunity for the SDE community to meet, talk, share and learn. The conference offers a mix of speakers to challenge and stretch our thinking and workshops to share knowledge, skills and practical activities.

Cost: £50 for non-members / £20 for SDE Network Members.

For more information and the programme, visit <http://www.sdenetwork.org/events/>. Places at this event are limited. To book your place, please contact Abi Cornwall, SDE Network Coordinator by e-mailing [coordinator@sdenetwork.org](mailto:coordinator@sdenetwork.org) or telephoning 07506 189 600.

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Lessons from the project so far - Embedding an Outcomes Approach in Anti Poverty and Regeneration

*Thursday 31 March 2011, 9.30am to 12.35pm
Highlander House, 58 Waterloo St, Glasgow*

Over the past year, SCR (Scottish Centre for Regeneration) and the IS (improvement Service) have been working on a project that aims to help partnerships embed an 'outcomes approach' in their local regeneration / poverty work. This workshop summarises the key points of learning gained from the hands-on work that has been carried out with five local partnerships. It aims to facilitate the exchange of materials and good practice gathered through the project.

More generally, it aims to pass on the experience and learning to others that are seeking to embed outcomes-focused working. The workshop will include input both from the main partners involved in

the design of the project and the local areas that participated. This will include open and honest discussion of both the successes achieved and the barriers encountered in seeking to embed outcomes-focused working.

For more information please click [here](#) or book online [here](#). If you need any assistance contact Thos.brown@scotland.gsi.gov.uk or call 0141 271 3736.

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## **Children and Young People's Mental Health Conference and Workshop**

*Conference: Thursday 12 May 2011, Hilton Grosvenor Hotel, Glasgow*  
&

*A Half Day Workshop: Working with Children and Young People Experiencing Trauma and Distress  
Wednesday 11 May 2011, Hilton Grosvenor Hotel, Glasgow*

The University of Glasgow, College of Medical, Veterinary and Life Sciences has organised the above conference and workshop focusing on the key issues surrounding children and young people's mental health. The events should be of interest to a variety of professionals working with children and families and any others with an interest in this area. The aim of both events is to provide delegates with up to date current thinking, practical advice and information as well as the opportunity to network and share knowledge and ideas with other delegates.

Cost: Conference - £197 / Half Day Workshop £100 / Both Conference and Workshop, £297

For the conference programme and workshop details, download the conference flyer [here](#) or book online [here](#).

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| <b>TRAINING</b> |
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### **Training on Disability Issues**

Glasgow Centre for Inclusive Living (GCIL) was established in 1996 GCIL is managed and operated by disabled people for disabled people. GCIL feel it is important to provide training for disabled people, businesses, local authorities and voluntary organisations in order to improve social inclusion.

Training Solutions offers high quality training on issues around disability. GCIL can also design individual courses to meet the specific training needs of an organisation. GCIL can provide training on Disability Equality; Disability Diversity; Disability Etiquette / Good Practice; Disability Discrimination Act; How to be a Personal Assistant / Support Worker; How to be good Personal Assistant Employer; Direct Payments; The Independent Living Fund Explained; Assertiveness; Disability Bitesize/

For full details of all of these courses please contact John Dever or Gayle Smith, Training Solutions, Glasgow Centre for Inclusive Living, 117-127 Brook Street, Glasgow G40 3AP. Tel: 0141 550 4455. Direct Line: 0141 550 7459. Fax: 0141 550 4858. Textphone: 0141 554 6458. E-mail: [john@gcil.org.uk](mailto:john@gcil.org.uk) or [gayle@gcil.org.uk](mailto:gayle@gcil.org.uk).

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Joyworks! Certified 2 day Laughter Yoga Training

*Saturday 12 and Sunday 13 March 2011, 9.30am to 5.30pm
Scottish Youth Theatre, Glasgow*

Laughter yoga is a unique and powerful combination of laughter exercises and breathing based on mime and play. Laughter yoga is inclusive and universal and used to increase joy and improve health. This course is ideal for your own personal growth. It will boost your confidence and self-esteem. You'll

learn about the history of laughter yoga concept, philosophy .You'll acquire oodles of laughter yoga exercises, relaxation, and visualisation and meditation techniques.

Opportunities will be given to network, share, try out new ideas and help develop your creative style. You will be registered as Certified Laughter Yoga Leader and endorsed with Dr Kataria's Laughter Yoga International, an internationally recognised qualification. You'll receive a 60pg e-manual and leave inspired and empowered to lead laughter sessions in a wide range of settings (school, hospitals, seniors, special needs and corporate) or set up your own local laughter club.

This course is ideal for anyone interested in increasing their own joy and positivity and/or desires to use laughter yoga as a therapeutic or teambuilding tool. It's a perfect additional skill for your facilitation tool box if you are a teacher, workshop leader, nurse, youth worker, occupational therapist, yoga teacher, community worker, carer, therapist, chaplain, clown doctor, team leader or life coach.

Joyworks! recently won a Social Enterprise award from The Melting Pot. Course will be led by Joyworks! Director Sharon Miller who has 20 years extensive experience working creatively in the arts and education and trained with Dr Kataria (founder of laughter yoga) in India. She set up Glasgow & Edinburgh Laughter Workshops and has been designing laughter events, projects and training across the UK for the last 4 years to the health, education and corporate world.

Price £250.00

To book your place, visit www.joyworks.co.uk or contact Sharon Miller on 0784 241 4765.

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**Exploring the Difference: Curriculum for Excellence within Peer Education**

*Wednesday 23 March 2011, 9.30am to 2.00pm - The Tolbooth, Stirling,  
or  
Wednesday 30 March 2011, 9.30am to 2.00pm - Eden Court, Inverness*

The Scottish Peer Education Network (SPEN) and Learning Teaching Scotland (LTS) are offering a FREE CPD event for practitioners that support peer educators or are in the process or setting up a peer education initiative. Participants will have the opportunity to explore their role and contribution to Curriculum for Excellence. Please note that this event is aimed at practitioners working with young people involved in peer to peer initiatives and places are limited.

Please complete [this booking form](#) to register for a place. The closing date to register is **Monday 14 March 2011**. If you have any questions, contact Rohanna at SPEN, [rohanna@fastforward.org.uk](mailto:rohanna@fastforward.org.uk).

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Alcohol Focus Scotland Training Workshops

*April – June 2011
Alcohol Focus Scotland, 166 Buchanan Street, Glasgow G1 2LW*

Alcohol Focus Scotland has launched its [spring workshop programme](#) dedicated to helping you to manage and reduce alcohol problems within communities in Scotland. All workshops will again be delivered by trainers who are practitioners in their field. They will share evidence and activity based learning and involve you throughout the workshop. The titles range from introductory learning such as Alcohol Awareness and Simple Interventions and Motivational Interviewing, to specific interventions such as Mindfulness. These workshops have previously been evaluated as relevant and enjoyable by nearly all participants. To enquire or book a place on a spring workshop please email training@alcohol-focus-scotland.org.uk or call 0141 572 6703

Also available is 'Understanding Mental Health' course, normally provided free by The Glasgow Anti-Stigma Training Partnership. The course is aimed at those who haven't had access to mental health

training before and aims to provide participants with an understanding of mental wellbeing, mental health problems, recovery and challenging stigma. A key part of the training draws on the personal experiences of those who have used mental health services. For more information, please [download this information leaflet](#).

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### **'International Association for Public Participation Training (IAP2) Certificate in Public Participation Training**

*Monday 4 April to Friday 8 April 2011  
The Engine Shed, 19 St Leonard's Lane, Edinburgh EH8 9SD*

The training programme is relevant to people in fields as diverse as:

- Practitioners and consultants working in the fields of public involvement, community engagement or stakeholder relations
- Executive decision-makers in government and private organisations
- Project managers in infrastructure projects
- Elected representatives in local, regional and national levels of government
- Community representatives

The IAP2 Certificate in Public Participation consists of three courses:

- Course 1: Planning for Effective Public Participation (2 days) 4th – 5th April GBP460
- Course 2: Effective Communications for Public Participation (1 day) 6th April GBP 230
- Course 3: Techniques for Effective Public Participation (2 days) 7th – 8th April GBP 460

You have short time left to book at early bird rates for the international Association for Public Participation April training. Places booked before 11th March will attract a 10% early bird discount for the full weeks training. Places also available for the 2 day planning, 1 day communications and 2 days techniques course. Planning is a pre-requisite for the other 2 modules.

Further details and the registration form are available [here](#) or from [Vikki@hiltonassociates.com](mailto:Vikki@hiltonassociates.com) or online at <http://www.iap2.org> under events and training.

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Massage in Schools Training

*Saturday 7 and Sunday 8 May 2011
Robert King Hotel, Stirling*

The next Massage in Schools training course will be on Sat 7th & Sun 8th May at the King Robert Hotel, Stirling. This is an opportunity to gain a qualification as an Instructor in the internationally recognised Massage in Schools Programme. This enables you to teach children aged 4 - 12, in a class or group setting, to do simple massage moves with each other, with their consent and that of their parents. It helps promote wellbeing, decreases bullying and aggression and improves class or group ethos.

For more information, you can check out www.messageinschools.com or www.misascotland.org.uk

The course costs £275 and includes lifetime membership of the Massage in Schools Association for ongoing support. Contact Pauline Vallance on paulinevallance424@hotmail.com or 07981 256636 to register for the course.

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## Qualitative and Quantitative Research Training courses

May and June 2011  
Edinburgh

### a) Qualitative Methods

Wednesday 11 May 2011 - *Designing a qualitative study*  
Thursday 12 May 2011 - *The art of qualitative interviewing*  
Friday 13 May 2011 - *Running effective focus groups*  
Monday 16 May 2011 - *Introduction to qualitative data analysis*  
Tuesday 17 May 2011 - *Interpreting and writing up your qualitative findings*

### b) Advanced Course: Quality in Social Research

Wednesday 25 and Thursday 26 May 2011

For mid-career and senior social researchers working in a wide variety of sectors and settings

### c) Quantitative Methods

Thursday 2 June 2011 - *Mastering the art of questionnaire design*  
Friday 3 June 2011 - *Implementing your survey effectively*  
Monday 6 June 2011 - *Getting to grips with survey sampling*  
Tuesday 7 June 2011 - *Understanding the basis of statistical analysis*

The cost to attend a one-day course is £185 for SRA members or £285 for non-members. If you book more than one day in a series then the cost reduces per day. The cost of the 2-day Quality course is £345 for SRA members or £445 for non-members. If you would like to receive full information on any of the above courses, please contact Lindsay Adams – [lindsay.adams@blueyonder.co.uk](mailto:lindsay.adams@blueyonder.co.uk).

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BA (Honours) Community Learning and Development (Full-Time and Work Based)

Commencing September 2011
School of Education, Social Work and Community Education, University of Dundee

- Do you enjoy working with people?
- Do you care about the society we live in?
- Are you passionate about social change?
- Are you interested in working with people to make positive changes to their lives and communities?
- Do you want to make a difference to the society in which you live?

Then the BA (Hons) Community Learning and Development programme is for you! This new, vibrant and professionally endorsed programme reflects the current priorities in Community Learning and Development in Scotland and the UK. You can study the programme via two modes, the work based mode and the full time mode. The work based mode requires you to be engaged in either a paid or voluntary sixteen hour post in a community learning and development setting. As there are a limited number of places available on both modes of the programme, to avoid disappointment, you should apply now.

For further information and application/reference forms, please click [here](#) or contact Gillian French, Programme Administrator, University of Dundee, School of Education, Social Work and Community Education, School Office, Nethergate, Dundee, DD1 4HN. Tel: 01382 381458. Email: g.french@dundee.ac.uk.

Trustees required, Hope for Autism, North Lanarkshire

Are you interested in the issues that face children, young people and their families with ASD living in North Lanarkshire? Do you feel that you would like to be part of a local organisation that offers support and opportunities to those families? HOPE for Autism is looking for dynamic and motivated individuals who are committed to the values and ethics of the organisation and have a passion to deliver an excellent service to children and their families. Meetings are held in Airdrie in the evening.

Do you have skills in any of the following? Strategic Planning, Financial Management, Tendering/ Funding/ Contracts, Employment Law? There is a formal interview process and references will be sought. Trustees will receive an induction and further training if required.

If you have other skills or are interested and would like to find out more about any of these voluntary opportunities please contact The Chair, Carol Russell on Carol@hopeforautism.org.uk or call 01236 779191. Alternatively if you would like to receive a pack email hope@hopeforautism.org.uk or call 01236 779191. Packs should be returned no later than **Friday March 11 2011**.

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### Charity Assessor (Maternity Leave Cover), The Robertson Trust, Glasgow

*Salary: Circa £27,000*

The Robertson Trust are looking for someone to join their assessment team to cover a period of maternity leave for approx. 9/12 months starting April. The successful candidate will be part of a small staff team assisting the Trustees to decide which charities and projects should receive funding. You will have the task of assessing charities which apply to the Trust for funding - evaluating applications, making visits and putting forward recommendations. You will also monitor and review the performance of charities in receipt of donations, to ensure that projects are fulfilling the agreed outcomes. Located in Glasgow your job will include visiting organisations Scotland-wide. Your circumstances will allow you to spend nights away from home when required. A valid driving licence is essential.

As an Assessor for The Robertson Trust, you will demonstrate excellent communication and interpersonal skills. You will have the ability to get on with and support applicants who apply to the Trust for funding. You will be well organised and able to work on your own initiative. A helpful and outgoing nature with a positive, 'can-do' attitude is essential. The successful applicant will need to demonstrate interest in, and experience of, the charity sector. Ideally, you will be degree qualified.

Applications in the form of a C.V. and covering letter should be sent to The Director, The Robertson Trust, 85, Berkeley Street, Glasgow G3 7DX or [admin@therobertsontrust.org.uk](mailto:admin@therobertsontrust.org.uk). Please note that the closing date for applications is **Monday 21 March 2011**. For more information on The Robertson Trust please visit [www.therobertsontrust.org.uk](http://www.therobertsontrust.org.uk).

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Development Officer (Individuals & Courses), COSCA, Stirling

£24,743 - £25,550 pro-rata (SJC AP4 pts 29 – 30) pro rata - 21 hours per week

COSCA, (Counselling and Psychotherapy in Scotland), Scotland's professional body for counselling and psychotherapy, is seeking a Development Officer to sustain and develop its work in accrediting counsellors/psychotherapists and trainers, and in validating counselling courses. You will have relevant knowledge and experience of the counselling field in Scotland. For an application pack please telephone 01786 475 140 or e-mail info@cosca.org.uk. Website: www.cosca.org.uk. Please note that the closing date for applications is **Friday 25 March 2011**.

Director and Board Members, HIV Support Centre, Belfast, NI

The HIV Support Centre has been providing support for people living with HIV in Northern Ireland for almost 30 years. Based in Belfast, the Centre offers high quality support for people from all communities. The Centre has recently reviewed their operations and now have a new, bold strategic plan to improve the lives of people living with HIV. In order to see this through, they are recruiting for:

a) Director

Salary: £41,000 – £47000

Leading the team of staff and volunteers, you will be charged with turning our vision into reality. You will oversee the maintenance and development of excellence in our services, develop key partnerships and manage internal and governance issues. While a background in HIV/sexual health is not essential, you are likely to have significant experience in delivering publicly funded services within a client focused service model. You will also have experience of motivating staff and volunteers and developing partnerships at all levels. Closing date: **Mon 14 March 2011**.

b) Board members (Voluntary)

The Centre is changing; their renewed vision and strategy is a guiding light – but they need highly talented individuals, committed to improving the lives of those living with HIV, to help steer them through our next phase of development. They have no prescriptive model – people from a range of backgrounds that can provide acute strategic thinking, hold staff to account and provide quality governance are all welcome to apply. If you feel that you have genuine skills to offer and can give up around 10 days a year of your time, the Centre would like to hear from you. Closing date: **Monday 28 March 2011**.

If interested in either position, please download a pack from www.thehivsupportcentre.org.uk/jobs.

WEBSITES

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Research For Real

Research for Real promotes learning from research by providing facilitation, advice and support for social research and evaluation using participatory and action research approaches. Research for Real works to support learning and capacity building in a wide range of public, third sector and social enterprise organisations, networks, communities and partnerships where social outcomes and social responsibility matter.

Action research supports processes of ongoing individual and wider organisational learning in ways that are critical, creative and collaborative and which bring practical results that are immediately applicable to the specific situation or problem. Learning in action and from experience are central to the process of change. For more information, visit <http://www.research-for-real.co.uk/>.

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You can send information/material for inclusion in CHEX-POINT Snippets by sending an email to: [chexadmin@scdc.org.uk](mailto:chexadmin@scdc.org.uk). CHEX-POINT Snippets are provided by CHEX – Community Health Exchange and compiled by Tom Warrington. Thanks to all contributors to this edition.

Views expressed in CHEX-Point Snippets are not necessarily those of CHEX, unless specifically stated.



CHEX is funded by NHS Health Scotland to provide a resource to communities by promoting and supporting community development approaches in challenging health inequalities. CHEX 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. Visit [www.chex.org.uk](http://www.chex.org.uk) for more info!