



2011

**Celebrating 11 years
of supporting and promoting
healthy communities**

CHEX-Point Snippets
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CHEX NEWS

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Building a Sustainable Future - SCDC Response

CHEX's parent organisation Scottish Community Development Centre (SCDC) is pleased to have the opportunity to respond to 'Building A Sustainable Future: Regeneration Discussion Paper'. In particular, SCDC welcomes the focus on community-led regeneration contained in the discussion paper and the increase in emphasis of the inclusion of communities themselves in building a stronger, more equal and more sustainable Scotland. Click [here](#) to read the full SCDC submission.

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### Community Development in the SNP Election Manifesto - SCDC Briefing Paper

The 2011 Scottish Parliament Elections saw a sea change in the Scottish political landscape with a majority Scottish National Party administration being elected for the first time. Based on the 2011 SNP election manifesto, SCDC investigate what this might mean for community development, community-led health and regeneration and community engagement in Scotland. Click [here](#) to read the full briefing.

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## GENERAL INFORMATION

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### Growing up in Scotland

The latest findings of a study shining a spotlight on the realities of life as a child in Scotland were published this week. Launched in 2005, the Growing Up in Scotland study (GUS) gathers the

experiences of 14,000 children and their families including attitudes towards children's services, parenting, childcare, healthcare and education. The study, carried out by the Scottish Centre for Social Research, tracks youngsters and how their circumstances change over time and, in particular, how early experiences can impact on later life.

The fifth set of reports explores a range of issues experienced by children in the first five years of their lives including parenting and child health, cognitive development, service use and support, and the impact of significant events.

The findings include:

- During the first five years of their lives, around one in ten children in Scotland experience their parents separating, with the incidence being highest in the first two years after the child's birth. Separation increased the likelihood of mothers experiencing poor mental health and low income, both known drivers of child outcomes.
- The gap in cognitive abilities between children from more and less advantaged social backgrounds found at age 3 persists at age 5. The largest differences in ability are between children whose parents have higher and lower educational qualifications. Factors such as a rich home learning environment had a positive influence on the improvement of cognitive ability in the pre-school period.
- Mothers living in disadvantaged circumstances are more reluctant to engage with services aimed at supporting parents with young children and are less likely to make use of such services. Informal support by family and friends was used equally by those with different levels of service use.
- Child health and health behaviours are less favourable in families experiencing adversity. However, good parenting was found to have a positive impact on child health. This suggests that parenting support could go some way in reducing health inequalities.

For more details, visit <http://www.scotland.gov.uk/News/Releases/2011/06/06135534>. To view the reports, visit <http://www.growingupinScotland.org.uk/>.

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## Meals and messages

Tuesday 14 June is your last chance to book your place for the launch of Community Food and Health (Scotland) and Consumer Focus Scotland's report into food services for older people living in the community in Scotland. The launch will be at the Norton Park Conference Centre, Edinburgh. June 21 10.00 – 1.00pm.

Hear the findings from the recent national study together with recommendations that are being made for future action by the Scottish Government, local authorities and local communities. There will also be a practice showcase sharing examples of good practice from across the country.

For further details, contact Anne-Marie Sandison by telephoning 0141 226 5261 or by e-mailing [anne-marie.sandison@consumerfocus.org.uk](mailto:anne-marie.sandison@consumerfocus.org.uk).

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## New charitable status available

A new form of charitable status been designed exclusively for Scottish charities called the Scottish Charitable Incorporated Organisation (SCIO). It is important that a wide variety of organisations, businesses and sectors who have dealings with Scottish charities are made aware of this new legal form. This will ensure that these charities do not face difficulties when trying to do some very essential things like opening bank accounts, renting property, applying for grants or consents and entering into contracts.

The SCIO became available for Scottish charities on 1 April 2011. The SCIO offers an alternative to

the existing legal forms that charities may adopt, such as company limited by guarantee, unincorporated association, trust or industrial & provident society.

Since 1 April 2011 new bodies and existing charitable unincorporated associations and trusts have had the option of being constituted as a SCIO. Existing charitable companies and industrial & provident societies will be able to convert to SCIO status from 1 January 2012. A guidance document which provides further information on the SCIO is available on OSCR's website [here](#) or, for more info, visit <http://www.oscr.org.uk/scottishcharitableincorporatedorganisations.stm>

If you have any further queries, please feel free to contact the Scottish Government Charity Law Team by e-mailing [charityact@scotland.gsi.gov.uk](mailto:charityact@scotland.gsi.gov.uk).

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New online disability database launch

UPDATE - Disability Information Scotland is proud to announce the launch of their new online pan-disability database for Scotland (SCOOP). Released in conjunction with their new website (www.update.org.uk), SCOOP provides a one stop shop for disability related information in Scotland.

Designed primarily for information workers, SCOOP holds 1000's of records on topics such as local and national disability groups, local authority contacts, accessible holidays, disability equipment suppliers, legislation, equality, travel and welfare rights. SCOOP also allows organisations to use the database structure to create their own local database of disability records, specific to their location or organisation, which can be managed by the organisation for their own purposes, a feature that can add greatly to the information they can provide for their own service users.

UPDATE is funded by the Scottish Government and is Scotland's foremost disability information service providing across-the-board disability-related information to organisations in the voluntary, public and private sectors as well as to individual members of the public.

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### **Free chat about the film-making process**

Kathleen Little of thirteensquared ([www.thirteensquared.co.uk](http://www.thirteensquared.co.uk)) attended the recent CHEX seminar 'The Picture of Health: Evidencing community-led health with film' and would like to offer any individual or organization who attended the workshop, or who is interested in making a film, an opportunity to meet up and discuss the logistics of making a film. Kathleen Little of thirteensquared is happy to meet up, for free and without obligation, and have an in-depth chat about the logistics of the filming making process, which includes:

- identifying your reasons for wanting to make a film (i.e. to raise awareness of your organization or to inform your funders in the best possible way of the great work you are doing)
- identifying the key messages within your film and discussing how to best get them across concisely and effectively
- having a realistic understanding of how much things cost in relation to making a film
- raising funding to fund the production of your film and why planning ahead is effective
- why it is important to get the right film maker to make your film, being aware of what different companies offer in terms of quality, reliability, relevant experience, working ethics and being financially flexible for the budget that you can afford
- planning the logistics of interviewing your staff, clients and partners
- the importance of good quality, well produced lighting, sound and location shooting. For example what sound and video equipment will the film maker use to make the film on – is it good enough quality for your production, are they willing and able to travel to meet interviewees in distant locations
- an in-depth understanding of the whole editing process and the different levels of interaction that you should expect from your chosen film company

- being clear about what you expect from the film company and what they expect from you and the importance of having a contract (and what this involves) with your film company, ownership of the film and an understanding of the copyright of the film
- different ways of making sure your target audience sees your film, through the distribution of DVDs, your film shown on your website, or [www.youtube.com](http://www.youtube.com) and [www.vimeo.com](http://www.vimeo.com) creating digital versions of your film that can send to funders or clients that they can watch directly on their own pc

About *thirteensquared* (film & photography / fantastic quality at a price you can afford): With over eighteen years of professional film & photographic experience, thirteensquared has a reputation for innovation, professionalism, friendliness & flexibility. thirteensquared strive to be as creative as possible while retaining the integrity and clarity of their clients' vision.

Contact Kathleen Little at [kathleen@thirteensquared.co.uk](mailto:kathleen@thirteensquared.co.uk) or on 07980019912.

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### **Befriending on the main stage**

Sandra Brown, Training Officer, Befriending Network Scotland says “At Befriending Network Scotland we are very excited about the increasing commitment, both at grass-roots and at government level, to community-led health improvement in recent years. Despite the obvious challenges of the current economic climate we are confident that many of these positive developments will now become lasting changes, central to the approach to healthcare in our country. The current standard of expertise and the robustness of structures and practises in the community-led health sector make it impossible for the work of this sector to be seen any longer as peripheral to the central core of health care in Scotland. Community-led health has gained a place on the main stage – and this is a huge achievement.

Befriending Network Scotland would like to remind everyone at every level that befriending also has a huge part to play on that stage. Historically seen as the ‘fluffy’ end of social and health care – a cup of tea and a chat – befriending is emerging as one of the most powerful tools in the kit for tackling social isolation among some of our most vulnerable and isolated people. People who feel alone and apart from their communities have little chance of leading fulfilled lives or of enjoying mental and physical wellbeing. Social isolation is increasingly recognised as one of the most serious hidden public health threats facing our communities today and befriending, which focuses on the person not the problem and which fully recognises the key role which relationships play in health, is often the most effective starting point to begin to address this.

Befriending projects have also gained much in recent years in terms of expertise and robustness of practice. Befriending Network Scotland has played its part in this by providing information, training, networking opportunities and a quality standard for our members. But there is a long way to go. Here are just a few examples:

- Only 0.1% of older people (just under 1000) in Scotland have access to a befriender
- there are just five befriending projects in Scotland working with people with dementia or their carers
- no more than 0.25% of people with learning disabilities (around 300) in Scotland have access to a befriender
- 4/16 of Scotland’s largest cities/towns do not have any befriending project for children or young people

At Befriending Network Scotland, we envisage a society which values befriending and recognises its importance and where everyone who needs it has access to high quality befriending support. If you share our vision – whether you’re from grass-roots, government, or anywhere in between - we urge you to come and talk to us about our ideas for working together to ensure that befriending has a place on the main stage of health improvement from now on.”

For more information, contact Sandra Brown by e-mailing [sandra@befriending.co.uk](mailto:sandra@befriending.co.uk) or visit [www.befriending.co.uk](http://www.befriending.co.uk).

## **New name, new era for Depression Alliance Scotland!**

On 15 June 2011, Depression Alliance Scotland will be renaming itself as Action on Depression. After a lengthy consultation it was decided that this new identity better represents the work that the organisation does across Scotland to help people take action and recover from depression.

To mark the start of this new era, Scottish National Depression Week on 15 - 21 June 2011 is now Action on Depression Week Scotland! Action on Depression will be using the week to launch their new fundraising drive which aims to raise £30,000 by 31.3.12. This money will ensure that they can continue to take action on depression, help people with depression and give hope for recovery. But they need your help! To find out how you can take action, click [here](#) or visit <http://www.dascot.org/index.html>.

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## **Inclusion Scotland Membership - join for FREE!**

Inclusion Scotland is an innovative partnership of disability-led organisations, individual disabled people and other organisations, which was established in 2001 and who support the principles of social inclusion, independent living and equality in society. Inclusion Scotland draw attention to the physical, social, economic, cultural and attitudinal barriers that affect our everyday lives as disabled people and excludes us from the mainstream of society in Scotland and beyond.

Accept Inclusion Scotland's invitation to free membership and receive their free weekly e-bulletin and free monthly e-newsletter. You may wish to send them information and details to add to their updates and share with their other contacts too. This forms an important part of Inclusion Scotland's Accessing Information Project. Each e-bulletin update and newsletter is packed with information, events, activities, views, news and features. In addition, you may wish to recommend Inclusion Scotland's free Policy into Practice Project (Contact 100) to any disabled people who are interested in joining their e-forum.

To join, please contact Angela Marshall on 0141 221 7589 or email [angela@inclusionscotland.org](mailto:angela@inclusionscotland.org).

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| <b>PUBLICATIONS</b> |
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## **New Tool for Effective Asset-Based Community Development**

A new resource, 'Appreciating Assets', has been produced by IACD and the Carnegie UK Trust. It's aimed at helping community development practitioners, activists and policymakers get to grips with what asset-based community development involves at a practical level - taking the view that the primary asset of a place is often its people and their untapped potential. While it's aimed primarily at UK and Irish contexts, it draws on experiences from across the globe.

Download the document from [www.iacdglobal.org/](http://www.iacdglobal.org/), <http://www.carnegieuktrust.org.uk/> or <http://www.fieryspirits.com/>. For further details, read the [press release](#).

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## **Self Management Special Report - Mental Health**

Following the launch of the Interim Evaluation Report in October, LTCAS (long Term Conditions Alliance Scotland) are producing a series of Special Reports on the Self Management Fund. These reports will focus on the themes of the evaluation, and highlight some of the great projects around the country. The sixth of these reports looks at the 'Mental Health' is produced in partnership with the Scottish Recovery Network.

The report includes some inspiring Case Studies – including the Pink Ladies, COMAS, Lothian Centre

for Inclusive Living, Post Natal Depression Network, IntoWork West Lothian and Carr-Gomm – and these will be available separately too. All the reports in the series are available [here](#) together with the Interim Evaluation Report.

For more on LTCAS, visit <http://www.ltcas.org.uk/>.

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Outside the Box e-bulletin

Outside the Box Development Support provides training, advice and on-going assistance to people from communities in Scotland who want to make changes. OtB give practical support and enable people to learn the types of skills that are important both for establishing new ventures and for sustaining them. OtB work with:

- groups that are led by disabled or older people
- groups that support people who are living with the consequences of poverty or social isolation
- groups which are led by, or are supporting, people who are also experiencing additional barriers, for example as a consequence of age, ethnicity, gender or sexuality
- individual people, families, friends and other informal carers.

Sign up to their e-bulletin at <http://www.otbds.org/>.

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### **When someone has died – information for you New national information for bereaved families and carers**

Health Rights Information Scotland (HRIS) worked closely with the Scottish Government to develop information to help people in the first 72 hours following the death of someone close to them.

A folder has been designed to hold the new A5 leaflet alongside the medical certificate of cause of death and local information developed by boards. The Scottish Government funded an initial print run of 60,000 folders and leaflets, and most NHS boards in Scotland will use the new resource.

The leaflet has been published in the Patient information section of the HRIS website ([www.hris.org.uk](http://www.hris.org.uk)). It is available in the following formats:

- audio (English)
- large print (English)
- dual translations in Arabic, Chinese (Traditional), Polish and Urdu.

For more information, please contact Brigitte Cosford ([brigitte.cosford@consumerfocus.org.uk](mailto:brigitte.cosford@consumerfocus.org.uk)).

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NHS Smoking Cessation Service Statistics (Scotland)

The annual smoking cessation statistics report for 2010 has been published on the ScotPHO website. The report presents information on quit attempts made with the help of NHS smoking cessation services, and quit outcomes, during the 2010 calendar year. Included also are comparisons with data for the previous year. The primary source of the data is the National Smoking Cessation Database, managed by ISD Scotland. Read the report at <http://www.scotpho.org.uk/smokingcessationstats2010>.

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### **NHS Health Scotland e-bulletins available**

- a) **WISH Monthly eBulletin** - The latest WISH network e-bulletin (May 2011), highlighting issues of interest around positive sexual wellbeing, is now available for download [here](#).

- b) **Mental Health Improvement e-bulletin** - The latest Mental Health Improvement e-bulletin (May 2011) is available to download [here](#).

## FUNDING

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### Pfizer UK Foundation

Although the UK's population as a whole is living longer and healthier lives than ever before, there remain pockets of profound exception to this trend, where health outcomes are low and life expectancy is little better than the UK average of fifty years ago.

Pfizer is committed to helping people live healthier lives and secure healthier futures. The Pfizer UK Foundation is one way in which Pfizer is working to support healthier outcomes in the UK. They believe one of the best ways they can do this is to support grassroots projects at a community level.

The Pfizer UK Foundation was established in 2005 to address health inequalities across the UK arising from social, economic, cultural and demographic factors. It supports community based projects that tackle health inequalities in England, Northern Ireland, Scotland and Wales, which fall outside core NHS statutory funding. The aim is to support projects providing tailored, innovative, modest and local solutions to needs defined by local healthcare and social care experts, community groups and charities.

Since its inception, the Pfizer UK Foundation has donated over £4 million in grants to more than 160 community projects addressing health inequalities experienced by approximately 300,000 people across the UK. Pfizer welcome applications from organisations that:

- are based in Scotland, Northern Ireland, Wales or England
- are charities, community-led organisations, PCTs, local health boards, local authorities and academic bodies
- clearly address a defined health inequality
- are based in a deprived or marginalized community, targeting a specific local area
- can demonstrate a tangible impact on a defined group of people
- require funding of between £3,000 and £50,000
- intend to use the grant within a calendar year of payment.

In their recent newsletter, Pfizer state that "there were no successful applications in Scotland in this funding round. The Foundation is keen to encourage more applications from this region so, if you have a project proposal that you think may be eligible for Foundation funding or know of another organisation that does, then please email [pfizerukfoundation@pfizer.com](mailto:pfizerukfoundation@pfizer.com) for an application form and further details."

For more information on the Pfizer UK Foundation, click [here](#) or visit <http://www.pfizer.co.uk>.

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### Big Lottery Fund information days 2011

*Thursday 16 June to Wednesday 10 August 2011  
Various venues across Scotland*

The Big Lottery Fund has organised a short programme of summer events to provide information on a range of BLF programmes in Scotland including:

- Community Spaces (launch date 14 June)
- Investing in Communities
- Awards for All
- Investing in Ideas
- 2014 Communities

These half day events will provide an overview of all BIG funding programmes in Scotland and delegates will get an opportunity to chat to BIG staff about programmes and project ideas. For further details including dates and booking form, visit <http://digbig.com/5becdq>.

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Glasgow GRANDweek 2011 - Local Grant Scheme

10 to 17 September 2011
Glasgow

Glasgow GRANDweek is an annual event that aims to:

- Raise awareness of alcohol and drug issues and services;
- Get communities involved in tackling alcohol and drugs; and
- Build partnerships between communities, services and organisations.

GRANDweek 2011 takes place from 10th to 17th September and is co-ordinated by the Communities Sub-group of the Glasgow City Alcohol and Drug Partnership (ADP). The GRANDweek Local Grant Scheme is now open to bids from community and voluntary groups in Glasgow City. Awards (max. £1,000) will be made in each CHP sector to successful applicants to promote the GRANDweek aims and the strategic themes in the ADP Strategy (i.e. Prevention; Recovery; Protecting Vulnerable Groups). Please note that the deadline is **Friday 24 June 2011**.

For information about GRANDweek '11 and the Local Grant Scheme contact Stephen Birrell, Service Manager (Alcohol, Drugs and Communities), Glasgow Community & Safety Services, Westergate, 11 Hope St, Glasgow, G2 6AB by phoning 0141 276 7654 or e-mailing stephen.birrell@glasgow.gov.uk. For further information, visit www.glasgowgrand.org.

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### **Youth Action - funding for young people in Edinburgh to improve their community**

UK Youth, together with Starbucks, are rolling out a new programme called 'Youth Action' in major cities across the UK and Ireland. The program offers young people (16-24), who have ideas of how to improve their communities, the opportunity to access up to £10,000 of funding and volunteer time from local Starbucks partners (employees) to help realise their ambitions.

UK Youth will be supporting the program by offering skills training and advice to young people to 10 cities across the UK and Ireland which includes Edinburgh. If you're successful with your initial bid, you'll be invited to attend a workshop where you will be given support and training to develop a second, more detailed application (this will happen in each of the 10 cities). Then you'll have to pitch your ideas to a panel of judges, made up of Starbucks partners (employees) and local experts.

Between three and five finalists will be chosen in each city. The finalist's ideas and projects will then be promoted in Starbucks coffee shops throughout in each of the 10 participating cities. The public will have the chance to vote for their favourite projects with the overall favourite winning special prizes. The deadline for entries is **Friday 24 June 2011**.

For more information, visit <http://www.guardian.co.uk/starbucks-youth-action>.

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Early Years Early Action Fund Opens To Applications

Inspiring Scotland has announced that the Early Years Early Action Fund is now open to applications. The aim of the Early Years Early Action Fund is to improve the outcomes for vulnerable young children, to help them achieve their potential. The fund is open to charities that operate on a national level and those that deliver front-line services in more than one local authority area, to enable them to

improve early years services covering parenting, play, childcare, child and maternal health and family support, with the aim of helping parents and communities build better lives for themselves and their children and provide earlier support for families to prevent problems escalating into costly and difficult crisis situations, as well as supporting health improvement and helping looked after children.

The deadline for applications is **Friday 15 July 2011**. Organisations who have not yet registered their interest and are interested in applying for funding should register their interest as soon as possible.

For more information, visit <http://www.inspiringscotland.org.uk/Home/Our-Funds/Early-Years>.

Funding available for food and health activities (£500 to £3000)

The Community Food and Health (Scotland) annual small grant scheme is open to groups who would like to develop new or existing activities that will improve access to, or take up of a healthy balanced diet. Last year, grants were awarded to wide range of groups working within low-income communities throughout Scotland. Their activities included cookery sessions with young people who had experienced homelessness, fruit and vegetable growing projects and community cafes providing training for people with learning disabilities.

The closing date for applications is **5pm on Friday 12 August 2011** (Faxed, emailed or late applications will not be accepted). Application packs and further information on the grant scheme is available from www.communityfoodandhealth.org.uk or call CFHS on 0141 226 5261 for an application pack or advice.

People's Postcode Trust

The People's Postcode Trust, a trust set up by the "People's Postcode Lottery" in April 2009 offers grants of between £500 and £10,000 (£2,000 if not a registered charity and £5,000 in Wales) to small organisations and community groups for projects lasting up to 3 months in the areas of Poverty Prevention; Advancement of Health; Community Development; Public Sports; Human Rights; and Environmental Protection.

Applications for grants of under £2,000 are considered on a rolling monthly basis in Scotland. For grants of over £2,000 the next round for applications will open on 11 July 2011 and will close on **26 August 2011**. For more details, visit <http://www.postcodetrust.org.uk/>.

Lloyds TSB Funding Surgeries

As part of its ongoing commitment to investing in the Scottish community, the Lloyds TSB Foundation for Scotland holds a series of surgeries for local recognised charities. The surgery is an opportunity for you to have a one-to-one session with one of the Foundation's Assessors, and to discuss how to go about putting an application to the Foundation. Dates and further information are available on the Lloyds TSB Foundation website [here](#).

EVENTS

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Joyworks Events

Join Joyworks! at their Glasgow and Edinburgh Monthly 'Laugh In' and experience a proven uplifting and energising concoction of laughter yoga, exhilarating games and relaxation.

a) West End Festival

*Monday 13 June 2011, 7.30pm to 9.30pm
Yoga Healing Glasgow Studio 7 Mansfield Park, Mansfield Street*

b) Summer Laugh in Edinburgh

*Thursday 23 June 2011, 7.00pm to 8.00pm £10
The Melting Pot, 5 Rose Street, Edinburgh, EH2 2PR*

Places are limited. Please book via the website www.joyworks.co.uk or contact Sharon 07842414765 for more information.

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**Living well with dementia - DVD launch events**

*Friday 24 June 2011, 11.00am to 3.00pm – Rutherglen Town Hall, South Lanarkshire  
Thursday 30 June 2011, 11.00am to 3.30pm – Edinburgh Conference Centre*

NHS Health Scotland, in partnership with Alzheimer Scotland and the Scottish Dementia Working Group, have developed a DVD resource entitled 'Living well with dementia'. To showcase this DVD, a series of launch events will take place this year, the first of which is in partnership with NHS Lanarkshire on Friday 24 June 2011 at Rutherglen Town Hall (N.B. closing date for bookings – **Monday 13 June**). The second event is in conjunction with NHS Lothian at Edinburgh Conference Centre, Heriot Watt University on Thursday 30 June 2011 (closing date for bookings is **Friday 17 June**)

The launch events will:

- Provide a preview of 'Living well with dementia'
- Showcase a production of the play 'Seeing Auntie' which has been developed in conjunction with carers and people with dementia, and
- Bring together people with dementia, families and friends of people with dementia, organisations working in the field and those involved in the development of the DVD to provide a forum for discussion, networking and shared learning.

The DVD was produced by NHS Health Scotland in partnership with Alzheimer Scotland and the Scottish Dementia Working Group, and is aimed at people who have recently been given a diagnosis of dementia. The DVD focuses on the experiences of people with dementia and carers to help people in the early stages of diagnosis understand more about their illness, share experiences around how to 'live well' after diagnosis, as well as offering practical advice on coping with its effects. There is also information on where people with dementia and carers can go for further support.

If you are interested in attending either of the above events, please contact Shereen Arabshahi at [shereen.arabshahi@nhs.net](mailto:shereen.arabshahi@nhs.net).

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Together We Will Beat Bowel Cancer - reminder

*Thursday 30 June 2011, 5.30pm to 8.00pm
West Park Centre, 319 Perth Road, Dundee (opposite Harris Academy) · Free Parking!*

Bowel cancer

- What research takes place in Dundee?
- How is patient experience of treatment and care improving?
- What can I do to reduce my risk?

Join Cancer Research UK / Dundee Cancer Centre for an event that will focus on the work of local clinical staff and researchers as well as offering an account of a personal experience of bowel cancer. Come along to this FREE, informative evening with interactive exhibitions and refreshments. All welcome.

For more information please contact Sarah Muir, Cancer Research UK Local Engagement and Development Manager, Dundee Cancer Centre by e-mailing sarah.muir@cancer.org.uk.

CONFERENCES AND SEMINARS

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Glasgow: proud to be a place of safety

*Wednesday 15 June 2011, 6.00pm to 8.00pm
STUC, 333 Woodlands Road, Glasgow*

The city has a proud history as a welcoming place for people seeking sanctuary from war or persecution. For many years, Glasgow has offered a home to people whose lives were in danger in their own countries. Many have lost their homes and families, but they have brought new skills, music, food and hard work to build up the city.

Glasgow's local services and integration networks are facing severe funding cuts, but the organisers are determined that Glasgow will continue to be a place of safety, a city of sanctuary. You can be a part of this movement. With speakers Charles Atangana, exiled journalist; Rev. Kathy Galloway of the Iona Community; and Tiffy Allen, National Coordinator, City of Sanctuary.

All welcome. Refreshments provided. Creche available for children - contact angela@gcin.org.uk to book creche.

For more info, email glasgow@cityofsanctuary.org or visit <http://www.cityofsanctuary.org/glasgow>. Download the event leaflet at http://www.ncadc.org.uk/news/cos_glasgow_15_june.pdf.

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**STCA Annual Meeting: Beyond Smoke-free**

*Friday 24 June 2011, 10.30am to 3.30pm  
The Royal Hotel, Bridge of Allan, Stirling*

Do you provide help and support to communities trying to reduce the harm caused by smoking? The Scottish Tobacco Control Alliance is on the look-out for new members from the voluntary and community sector to help influence the development of the Scottish Government's new strategy on tobacco control. Come and find out how you can be involved and enjoy speakers covering, smoking and young people, illicit tobacco and the impact of smoke-free legislation. An interesting day out and it's free!

Please see the [registration form](#) for further details (N.B. Registration closes on Wednesday 15 June). For more on the STCA, click [here](#).

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Viral hepatitis in Scotland - treatment and prevention challenges

*Tuesday 28 June 2011, 10.00am to 4.15pm approx (registration from 9.30am)
Radisson Blu Hotel, 301 Argyle Street, Glasgow*

The prevention and treatment of viral hepatitis represents a considerable challenge for services. It demands a co-ordinated approach based on a sound understanding of the support and health needs

of patients. This conference from Hepatitis Scotland (supported by the Scottish Drugs Forum) brings together the latest innovations in testing, diagnosis and treatment and the perspectives of patients and those in high risk groups.

The conference is a unique networking opportunity aiming to bring together leading clinical experts and the entire hepatitis voluntary sector in Scotland to explore the potential for future work.

Cost: £90

More information including a programme and booking form at <http://www.sdf.org.uk/sdf/4590.html>.
N.B. Booking forms must be returned by **Wednesday 22 June 2011**.

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**Public Policy Network Health Seminar Series: “Commercial sector involvement in public health policy: Part of the problem or part of the solution?”**

*Tuesday 28 June 2011, 1.00pm to 5.00pm.  
Chrystal Macmillan Building, University of Edinburgh*

Organised by the University of Edinburgh’s Public Policy Network in conjunction with the Scottish Collaboration for Public Health Research and Policy, this is the first of a series of short seminars focusing on contemporary issues facing those concerned with achieving effective public health policy in Scotland. This opening seminar will focus on commercial sector involvement in public health policy, aiming to shed light on the varying ways in which policymakers can engage with corporations in the development and implementation of different public health policies.

This event is free but places are limited. For more information or to request a booking form, please contact Nicola Bryce at: [ppn@ed.ac.uk](mailto:ppn@ed.ac.uk).

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West of Scotland WISH conference: ‘Men: Breaking the Barriers’

*Thursday 15 September 2011
Glasgow*

Men’s concerns about sex can often be focused on performance rather than on their wellbeing and the wellbeing of their partners. Stereotypical masculine behaviour influences the extent to which young men develop a healthy sexuality and can have a profound impact on the relationships they go on to develop. This can be a challenge for professionals who are concerned with promoting men’s sexual health and wellbeing as masculine behaviour can lead to men’s:

- reluctance to seek help
- avoidance of emotional expression
- aggressive and unsafe sexual behaviour
- risky behaviour.

‘Men: Breaking the Barriers’ will enable delegates to debate the issues around men’s sexual wellbeing. There will be a particular focus on targeting men who have specific needs, including:

- men who have sex with men
- men in prison and young offender settings
- young fathers
- men who sell sex
- men with learning disabilities.

Examples of practice will be drawn upon to highlight some of the innovative methods that are being used to engage with groups of men who are at higher risk of poor sexual health. A draft programme will be available on web pages soon, www.healthscotland.com/wish.

The conference is open to professionals based in the West of Scotland. It will be of particular interest to clinicians, health promotion specialists, health improvement staff, nurses, school nurses, teachers, social workers, social care staff, prison staff, voluntary sector staff as well as researchers. To register email the [event registration form](#) to Catriona Young at Catriona.young1@nhs.net (places will be confirmed by 1 September 2011)

TRAINING

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Joyworks! Training

Come and learn how use laughter as a therapeutic or teambuilding tool with leading trainers of laughter therapy in Scotland. You will be trained by Joyworks! Director Sharon Miller, who has 20 years extensive experience of facilitating diverse groups and was trained by Dr Kataria (founder of laughter yoga) in India.

a) Laughter Facilitation Workshop & Games

*Sunday 19 June 2011, 2.00pm to 6.00pm
Glasgow*

This workshop will be filled with lots of practical ideas on how to use laughter exercises, creative play, visualisation and stimuli to help break down psychological barriers within the group, boost confidence, self-esteem and motivation. Exercises are great team building tool, which increase better communication, enhance relationships, give that 'feel-good factor' while encouraging positive thinking and creativity.

b) Certified Laughter Yoga Training

*Saturday 27 & Sunday 28 August 2011 - Aberdeen
Saturday 17 & Sunday 18 September 2011 - Edinburgh*

At the end of this weekend course you will be registered and endorsed as Certified Laughter Yoga Leader -an internationally recognised qualification. You'll receive a 60page e-manual and leave inspired and empowered to lead laughter sessions in a wide range of settings (school, hospitals, seniors, special needs, recovery and corporate) or set up your own local laughter club.

Places are limited. Please book via the website www.joyworks.co.uk or contact Sharon 07842414765 for more information.

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### Person Centred Planning (2 day Open Course)

*Monday 5 and Monday 12 September 2011, 10.00am to 4.00pm  
Central Edinburgh Venue*

Do you work with people? Have you heard about Person Centred Planning and want to learn more about what it is and how to facilitate it? Want to brush up your skills / reflect on your practice? Person Centred Planning is a dynamic and fresh approach to inclusion that has been successfully applied for some years now in Scotland. This approach can also be useful when working with a range of people facing barriers to participating in ordinary life

This 2-day Introduction to Person Centred Planning course explores

- the history and philosophy that informs person centred planning
- experiential learning of facilitation tools of person centred planning – Maps, Path, Essential Lifestyles Planning and using Graphic facilitation/recording

- supporting the people you work with to have a voice in creating their own future opportunities by identifying barriers they face, who can support them and negotiating for change
- strategies to assist you to bring person centred work into your organisation

For more details or to book, e-mail [info@kchambersassociates.co.uk](mailto:info@kchambersassociates.co.uk), telephone 0131 466 3309 or visit [www.kchambersassociates.wordpress.com](http://www.kchambersassociates.wordpress.com).

## Understanding and supporting people who Self-Harm

Friday 16 September 2011, 10.00am to 4.00pm  
CVS Hamilton/East Kilbride, 155 Montrose Crescent, Hamilton, ML3 6LQ

An informative & participative one-day workshop to help you develop a general understanding of self-harm and which will include:

- What is self-harm?
- The meaning and purpose of self-harm?
- What are the reasons and issues that are often behind self-harm?
- A Personal insight into self-harm
- Yardsticks for Good Practice in Supporting People who self-harm
- Developing a Harm-Minimisation Approach

The course aims:

- To develop the awareness and understanding of this often mis-understood issue.
- To recognise that self-harm is usually a coping strategy which people may have developed as a way of expressing or relieving intense and overwhelming feelings and emotions.
- To help carers and professionals working in a wide range of services, including health and mental health, education, youth work, drug & alcohol services, support services and counselling services, feel more confident in supporting those people who self-harm and where to get /refer to more specialised support.

Cost: £95 + VAT = £114 - to include refreshments, lunch & a resource pack

For further information or to book, please contact Jill Eastham, Training & Consultancy in Self-Harm & Related Issues by telephoning 01768 870824 / 07818 864271 or e-mailing [info@jilleastham.co.uk](mailto:info@jilleastham.co.uk).  
Website: [www.jilleastham.co.uk](http://www.jilleastham.co.uk).

## VACANCIES

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### Various posts, Scottish Association of Mental Health, Various locations

- Trusts And Foundations Fundraising Manager (Reference: W79)**  
Salary: £31,761 - £35,340 / 37.5 hrs per week, Full-Time Permanent  
Full details: <http://digbig.com/5becxq>
- Community Fundraising Manager (Reference: W80)**  
Salary: £31,761 - £35,340 / 37.5 hrs per week, Full-Time Permanent  
Full details: <http://digbig.com/5becxr>
- Bank Relief Support Workers (Melrose & Galashiels) (Reference: N98)**  
Salary: £8.22 per hour / Hours: Various per week, Temporary  
Full details: <http://digbig.com/5becxs>
- Supportworker 1 (Galashiels) (Reference: N97PT)**  
Salary: £12,654 - £15,033 / Hours: Various per week, Part-time Permanent  
Full details: <http://digbig.com/5becxt>

- e) **Employability Advisor (Reference: W82)**  
Salary: £17,874 - £19,830 / Hours: 37.5 per week, Full-time Permanent  
Full details: <http://digbig.com/5becxw>
- f) **Support Worker 1 (Galashiels) (Reference: N97FT)**  
Salary: £12,654 - £15,033 / Hours: 37.5 per week, Full-time Permanent  
Full details: <http://digbig.com/5becxx>
- g) **Senior Support Worker (Melrose) (Reference: N95)**  
Salary: £18,813 - £22,371 / Hours: 30 hrs per week, Part-time Permanent  
Full details: <http://digbig.com/5becxy>
- h) **Work Preparation Worker (Galashiels) (Reference: N96)**  
Salary: £15,771 - £17,088 / Hours: 37.5 hrs per week, Full-time Permanent  
Full details: <http://digbig.com/5becya>

Please note that the closing date for all posts is **Friday 17 June 2011**.

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Health Project Officer and Events & Corporate Fundraiser posts, Deafblind Scotland, Lenzie

Deafblind Scotland is a leading Scottish charity in the field of deafblindness. Their sole focus is to improve the lives of adults who have lost, or are losing, both sight and hearing.

a) Health Project Officer

Salary: Circa £24,331

Deafblind Scotland seeks an individual who has the ability to lead a project funded by NHS Greater Glasgow and Clyde, and working closely with Deaf Connections to promote and develop equality of access to health services for deaf and deafblind people. This will involve working closely with deafblind people and the use of advocacy where necessary.

Download details from <http://www.goodmoves.org.uk/jobs/8552?region=5>.

b) Events and Corporate Fundraiser

Salary: Circa £27,000

Initially funded for 2 years with the support of the R.S McDonald Trust. You will have experience of corporate fundraising and established contacts in the corporate world.

Download details from <http://www.goodmoves.org.uk/jobs/8551?region=5>

For an application pack contact Emma Russell, Deafblind Scotland, 21 Alexandra Avenue, G66 5BG. Tel/Text: 0141 777 5852/6111. Execadmin@deafblindscotland.org.uk. Please note that the closing date for both posts is **Friday 17 June 2011**.

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**Regional Manager and Administrator posts, The Food Train, Stirling**

The Food Train is an award winning voluntary organisation, providing practical support services helping older people to live independently at home. As part of their continued development, The Food Train are launching a new branch of their grocery shopping delivery service in the Stirling area, and are now recruiting for the following new positions:

**a) Regional Manager (Full Time)**

*£26,596 starting salary plus pension  
2 year initial contract leading to permanent contract subject to successful future funding*

The Food Train is looking for a suitably experienced and enthusiastic individual committed to the voluntary sector and older people's services, to launch a new branch of Food Train in the Stirling area. Applicants will have excellent communication skills and a sound understanding of financial management and service delivery. The successful candidate will ideally have experience of successful project management and partnership working in the voluntary sector.

Please note that the closing date for application to this post is **5pm on Wednesday 22 June 2011** with interviews scheduled for 8 July in Stirling.

**b) Administrator (Part Time 28 Hours per week)**

*£16,877 starting salary plus pension  
2 year initial contract leading to permanent contract subject to successful future funding*

The Food Train is looking for a suitably experienced and skilled individual to set-up and develop our new branch office and provide administrative support for all elements of our activities. Applicants will have excellent communication skills, experience of Microsoft Applications and a wide range of office skills.

Please note that the closing date for application to this post is **5pm on Thursday 30 June 2011** with interviews to take places between 18 - 22 July 2011 in Stirling.

To apply, download an application pack from <http://www.thefoodtrain.co.uk/current-vacancies>. Appointment may be subject to a successful Protection of Vulnerable Groups Scheme Record, use of own car is essential for Regional Manager. The Food Train strives to be an equal opportunities employer. The Registered Office of The Food Train Ltd is 30 Castle Street, Dumfries, DG1 1DU. Scottish Charity No 24843, Company Number 158165.

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Volunteering Advisor, British Red Cross, Hillington, Glasgow

*£22,000 pa
35 hrs per week*

The British Red Cross have a vacancy for a Volunteering Advisor to join their team based in Hillington. Reporting to the Operations Director, you will provide guidance and support to operational managers who are responsible for recruiting, managing and supporting their own volunteers. Primarily an advisory role, the post also has hands-on responsibility for delivering volunteer recruitment campaigns, coordinating some of the generic volunteer training and overseeing the volunteer awards programme as well as providing support to Volunteer Councils. The post involves a high degree of liaison and effective relationship building.

Candidates should be educated to Higher Level standard or equivalent and must have a proven track record in a similar role. It is essential that the post holder have experience of managing and supporting staff and volunteers along with a good working knowledge of MS Office packages. Specialist training around volunteering would be advantageous along with knowledge of volunteering best practice within the related legislative framework.

For further information and applying on-line please visit <http://www.redcross.org.uk/vacancies> or email wrk4us@redcross.org.uk. Alternatively please send an A4 stamped addressed envelope, quoting reference SNI/IOM/1208/VA, to HR Dept, 4 Nasmyth Place, Hillington, G52 4PR.

Please note that the closing date for receipt of completed application forms is **Friday 24 June 2011**.

Building Women's Capacity Officer, Glasgow YWCA

YWCA Scottish Scale 4 (£19,438 - £21,462), £10.68 per hour
35 hours per week, 1pm - 9pm Monday to Friday

Glasgow YWCA are seeking a Building Women's Capacity Officer who will bring their experience of youth work to the Project Team. Working with women aged 16-30, the post holder will develop and support an ongoing programme of literacies activities, prioritising provision to young women. This may involve the provision of support and guidance to vulnerable people, liaising with organisations and individual tutors for courses that will be delivered either in the Family Learning Centre or at other locations in the city. The aim is to build the capacity of young women on the margins to enable them to develop skills and confidence to build their futures. The successful candidate will have excellent written and verbal communication and be able to work on their own initiative and meet deadlines. Funded by Glasgow City Council initially to March 2012

For an application pack please email hr@ywcaglasgow.org. CV's will not be accepted for this post. If you have any questions, please call 0141 248 5338.

Please note that the closing date for applications is noon on **Saturday 25 June 2011** with interviews to take place week beginning 2 August. Glasgow YWCA strives to be an Equal Opportunities employer and welcomes applications from both men and women.

WEBSITES	back to top
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A quick way to have your say!

Had experience of NHS services recently? Want to offer some feedback, suggestions or thanks? Want to see what others are saying too? Then Patient Opinion might interest you. Patient Opinion is a not-for-profit social enterprise, which uses the power of the web to carry your voice, into the heart of health services.

Patient Opinion provides a [web site](#) where anyone can share their recent experience of local health services, and see what others are saying. Stories can be from patients, carers, service user or staff and you can submit them directly via www.patientopinion.org.uk or by post or telephone. You tell the story in your own words, or pictures, sharing as much, or as little, as you want. It's totally confidential and your privacy is one of Patient Opinion's primary concerns.

Patient Opinion is working with the Scottish Government (?) to make sure the people providing health services see every story that is published on the site and to encourage them to respond online. If this response shows that a change has been made to services, the Patient Opinion website highlights this, for everyone to see. Patient Opinion is already working with a number of Health Boards across Scotland who are interested in seeing what people have to say.

Patient Opinion aims to make it quick, easy and safe for patients and carers to give feedback about their health care, and for health service providers to respond to and make use of feedback for service improvement.

Tell your story at www.patientopinion.org.uk. Contact Patient Opinion on 0845 113 0012 or write to Freepost Patient Opinion.

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### HIV Scotland launches new website!

A new online resource for professionals and public is launched today, providing up-to-date, interactive and comprehensive information on HIV in Scotland. HIV Scotland has developed the site [www.hivscotland.com](http://www.hivscotland.com) with the support of the independent digital design agency, 'Whitespace'. Based

on thorough research into the needs of professionals and consultation with people living with HIV, the new site acts as a hub for information, policy and consultation.

Of use to both professionals and public, the service finder provides a postcode search facility in order to find out which relevant support services are available in your local area. Sections dedicated to [Policy](#), [Practice](#), [Data and Research](#) are intended primarily for workers, but also of interest to the media. Whether the information is about prevention or how to cope with [living with HIV](#), the site throughout seeks to be relevant to a diverse range of individuals and communities. The latest news and research will be updated regularly along with opportunities to feedback and comment.

HIV Scotland hope visitors to the website will use it as their first point of call for all information related to HIV in Scotland and find it as a website truly fit for the twenty-first century. Please feel free to add a link to the website, and use the feedback on the site to let HIV Scotland know of any developments, news or information you would like added.

If you would like to speak to HIV Scotland about the website or any aspect of their work, please contact them on 0131 558 3713 or email [info@hivscotland.com](mailto:info@hivscotland.com). To sign up to HIV Scotland's monthly Updates fill in your details [here](#).

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You can send information/material for inclusion in CHEX-POINT Snippets by sending an email to: 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 for more info!