



Welcome to Chex-Point Newsletter- Issue 53

Each issue the CHEX team aims to share with you the great work of community-led health organisations in Scotland, and relevant community health topics we think you might like to know more about.

What better way to start this issue than to recognise 2018 as Scotland's first ever Year of Young People. To support and mark the celebration, CHEX is promoting its newly developed Health Issues in the Community (HIIC) – SQA Accredited Youth Pack and [Paul Nelis](#), shares with us the valuable impact this course has on some of our young people so far.

And Paul isn't the only one out and about supporting training, [Susan Paxton](#) and [Elspeth Gracey](#) have both been busy travelling the country delivering "An introduction to Health Inequalities" training and what great feedback they've received.

And as promised in our previous issue, [Andrew Patterson](#) shares with us some of the most up-to-date examples of community organisations using the Community Empowerment (Scotland) Act with a particular focus on community-led health.

Next up we hear from Elspeth Gracey who tells us about meeting up with Hugh McLean, the Chairperson of Lorn and Oban Healthy Options (LOHO). This is an organisation that has been described by advisors from Healthcare Improvement Scotland as the most comprehensive model of integrated care in Scotland.

Have you heard of General Data Protection Regulation (GDPR)? The answer is probably yes. However, there could be a possibility that you might not fully understand what it means and how it could affect your organisation. In this issue [Sam Jordan](#) gives an overview of the key changes a charitable organisation like ours needs to take, which may be the case for you too.

And finally we round up this issue with a call from The Scottish Government and COSLA to find out what changes are needed to encourage more people to be involved in local decision making.

Hope you enjoy this issue.



HIIC: Celebrating the Contribution of Young People to Scotland

In 2018, Scotland is celebrating the Year of Young People. A global first which will provide a platform to showcase the personalities, talents and achievements of Scotland's young people. It will give those aged 8 to 26, new opportunities to influence decision making on issues affecting their lives and be involved in cultural and sporting opportunities across the country. Young people have been involved in designing the programme, with more than 500 signed up to volunteer as Year of Young People 2018 Ambassadors.

At its launch event, First Minister Nicola Sturgeon said:

“The Year of Young People will give young people a new platform and new opportunities for their voices to be heard in all parts of our society and hopefully help to foster a better understanding, co-operation and respect between generations.”

As part of this celebration CHEX is promoting the newly developed Health Issues in the Community (HIIC) – SQA Accredited Youth Pack. The pack has been piloted over the last three years with young people in a variety of settings including schools and community centres. The Youth Pack is a significant development, building on the success of the adult HIIC training programme which has a proven track record of empowering individuals to tackle the issues that are important to them and their communities. HIIC has a long history of empowering participants to go on and take up further educational opportunities or get involved in community activity. The course values people’s own life experiences and helps them to use that experience as they learn.

The Youth Pack is currently being taught in Castlemilk High School and with the Young Parents and Employability Programme. Two new courses are commencing in the Summer: Gorbals Youth Café and the Social Works - Young Unaccompanied Minors Programme (16 young women and girls from Ethiopia).

The Pack has a strong relationship with the requirements of the Curriculum for Excellence and Secondary Schools are increasingly interested in HIIC to deliver on

those requirements. HIIC is a particularly valuable educational and motivational experience for the young people who take the course. For example, HIIC:

- Facilitates the personal development of young people so that they develop confidence, new interests and skills to take on new responsibilities
- Develops personal, social and political education so that young people can acquire skills in community development processes, debate, communication, negotiation, group decision making and political processes
- Can help facilitate the participation of marginalised young people who are rarely involved in decision making.

Those who have been involved with the Youth Pack are certainly clear about the impact on their lives and community,

“I find it hard to learn but the course has given me more confidence in myself - that I can do it.” (S4 Pupil)

“Since doing this I now have a job. I would not have done this before getting involved with the HIIC course.” (School leaver)

“I will take the presentation skills and group work skills I have learned throughout this work and use them to help give me a better future.” (S4 Pupil)

“The course has been so well received that we have several members of staff who have also had further ‘inset training’ and currently two are arranging to become tutors. We regard this as an important step to developing the sustainability of the course within our school and we are planning to integrate the course into our S3/4 curriculum.” (Depute Head: Uddingston Grammar).

For more information about HIIC or the HIIC Youth Pack please visit our [website](#) or contact Alex.macdonald@scdc.org.uk



Some people are more equal than others

By Elspeth Gracey, CHEX Team

This title might be a saying that some of us have heard before. However, the impact that inequality in society has on health and a myriad of other things is still not fully recognised.

Recently on TV I saw items which included initiatives to tackle childhood obesity in 'socially deprived' areas and speculation about the name of the latest addition to the royal family. There could hardly be a more vivid illustration of the range of possible outcomes in the lives of our children today.

Here at CHEX we recently had an opportunity to deliver a course 'An introduction to inequalities in health'. Using materials mostly drawn from the Health Issues in the Community, HIIC, a training course which CHEX has hosted for nearly 2 decades.

The strength of the training is that it is highly participative and draws on the life experiences of the participants and not simply from any professional role but from the whole of their life experience.

One local authority participant described it as an *"Enjoyable session with thought provoking exercises"*. This is gratifying to hear since that is exactly what we set out to do!

My colleague Susan Paxton and I travelled across Scotland to deliver the training reaching Stonehaven, Ardrossan, Hawick, Stornoway, Helensburgh and Edinburgh. Nearly 60 people participated in the sessions which brought together people from a range of backgrounds.

Susan and I were impressed by the level of engagement brought to the sessions. Comments recorded in the evaluation of the training show the impact it had across the multi-agency groups.

“It was very informative and the chance to look at poverty in someone else’s shoes was a good lesson on how hard it really is for those without support or struggling with poverty issues.” Foodbank volunteer participant.

“Understanding the concept behind Health Inequalities and how we must change our way of thinking in order to give everyone an equal say” NHS participant.

As a former trainer for HIIC I have always loved using this way of working with people. I’ve seen that it can deeply affect participants, and some say it is life changing.

To understand the impact on health of an unequal society is not a happy experience. The term “inequalities in health” describes a process in which people die earlier than need be and their foreshortened lives are often blighted by ill health. This realisation can have a profound impact on our feelings, and sometimes during this training people would say *“OK would you like to cheer me up now?”*.

That poor health results from the daily erosion of lack of choice in life is what this training is designed to show. If someone answers “No” to questions of everyday living like “Can I obtain a mortgage?” “Can I travel to places whenever I need or want to?” and “Do I feel safe in my own home?”

Then we begin to see that the cumulative effect results in the appalling statistics of prolonged illness and early deaths.

It is not surprising that these issues have the capacity to be depressing and that I am often asked. *“What can we do about it?”*

One of the things I love most about my job is seeing people who are taking on the challenges of ‘doing something about it’ on a daily basis with awe inspiring energy and commitment.

Community-led health makes an important contribution to re-dressing the balance and improving health outcomes but while society at large makes the choices that lead to continued inequality the unfairness that it engenders will continue to play out in diminished life choices for far too many of us.

Community-led health helps to raise awareness of the mechanisms which perpetuate health inequalities and Health Issues in the Community specifically highlights the impact of collective action to combat it.

But raising awareness doesn’t rest with those who experience poverty – the traditional focus of HIIC. The problems faced by those who live in our economically poorest communities need those with greater resources and powers of influence to make better choices about how society is organised so that the unfairness we currently generate is eradicated. The World Health Organisation aspires to a right to [health for all](#). And not just for those of us who are accidentally fortunate in the place and circumstances of our birth.



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Gaining trAction

how community-led health organisations are beginning to make use of the Community Empowerment Act

Background

The previous issue of CHEX-Point ([Issue 52](#)) contained a quick run through of the [Community Empowerment \(Scotland\) Act](#) as well as some examples where we knew of them. Fortunately, we can now share some more up-to-date examples and of community organisations using the Act that are relevant to community-led health. The two examples we have are from the Western Isles and Dundee and cover two of the main parts of the Act, participation requests and asset transfer requests.

Families into Sport for Health's participation request to Western Isles Council

Families into Sport for Health (FiSH) has been campaigning for better weekend access to indoor sports facilities in Lewis and Harris, where there aren't currently any indoor recreational spaces available on Sundays. Last year the group submitted a participation request to Western Isles

Council around improving weekend access to indoor sports facilities.

The group was initially told that they had not specified a proper outcome in the request they submitted. This meant that FiSH had to resubmit their request, settling on the following outcome: "improved and equitable access to recreational facilities for the health and wellbeing of families, especially children."

In February 2018 the council agreed to FiSH's participation request, stating that FiSH is to be consulted by a subgroup of the Outer Hebrides Community Planning Partnership which is developing an action plan around improving health and wellbeing as a priority of the CPP's Local Outcome Improvement Plan.

Making a participation request appears to have progressed FiSH's campaign to improve access to sports facilities. CHEX would hope that the outcome improvement process goes beyond consultation,

something that the Act quite clearly calls for. More details can be found on the website of [Comhairle nan Eilean Siar](#) (Western Isles Council).

Mid-Lin Day Care's asset transfer conversation with Dundee City Council

Mid-Lin Day Care, a community-led day care centre in the Linlathen area of Dundee is currently in the pre-application stage of Dundee City Council's asset transfer procedure. The group intends to use the Community Empowerment Act to purchase the land on which its current council-owned premises are located. It has become economically unfeasible to further adapt the current building to meet increasing care needs of older people in Dundee. The plan is therefore to demolish the current building and build a new two-story building in its place. This will better suit the current and future needs of Mid-Lin Day Care and the older people it works with.

The group has had a productive working relationship with Dundee City Council, and hopes this will ensure that the formal stages of the application go smoothly. Having got through the informal stages of the process, Mid-Lin Day Care will then be in a better

position to look at costs of the project and how to meet them through funding.

The Act specifies that community organisations evidence community support for any asset transfer request. Mid-Lin Day Care has had two community events focused on older people who use day care services. It is due to hold another meeting in April 2018 for the local geographic community. This will explore how the proposed development could benefit local people through better community facilities. By demonstrating the community benefits of the project, the group may also be able to purchase the land at a discounted rate relative to market value.

CHEX continues to be interested in any work that community-led health organisations are doing that makes use of, or relates to, the Act. This will help us to build a picture of the impact the Act is having and any issues that need to be addressed, which can then be passed onto the Scottish Government. CHEX is also happy to discuss any aspect of the Act with members of our network who are interested in using it.

To discuss any of the issues in this briefing, please contact Andrew Paterson, CHEX Policy and Research Officer, on 0141 222 4837 or email andrew@scdc.org.uk.



Fit for purpose and fit for the future

By Elspeth Gracey, CHEX Team



In February I met with Hugh McLean Chairperson of Lorn and Oban Healthy Options (LOHO). Hugh gave me a comprehensive summary of the origins of this organisation and the work they undertake now.

What is striking is the close association that the organisation has with their statutory partners both NHS and Local Authority and yet their future seems no more secure than other organisations without these close working relationships.

Lorn and Oban Healthy Options, founded in 2011, grew from the experience of local people coming together to take over the development and management of Oban's swimming pool. Atlantis Leisure, now in its 26th year, is a community owned, community built and run 'exemplar' community sports facility. The process which lead to that achievement stretches back to 1991 and gave those involved the knowledge and expertise to rise to other challenges.

From their website they describe themselves as follows.

"Healthy Options is a community health initiative which encourages people to get healthier and fitter through participation in a flexible programme of activity designed to meet individual needs. Healthy Options work with local health professionals to help those who would benefit from having a healthier active lifestyle. Healthy Options is a social enterprise, established by members of the community, drawn from the health, business, fitness and community sectors."

Every Wednesday morning there is multidisciplinary meeting in which referrals from GPs and other health professionals are 'triaged' into appropriate exercise or

activity programmes. The meeting involves NHS colleagues and staff from LOHO team of exercise professionals. Those referred for exercise have a programme of activity tailor made according to their needs and wants. This is referred to as their 'activity journey' and may include a gentle introduction to exercise.

Maintaining independence is a crucial part of what is hoped for by many of the people referred and some have benefitted more than once as their needs change. 'De-medicalisation' of rehabilitation and exercise is possible when using the same leisure facilities that anybody else uses and is one of the keys to what they do. As well as individual activity the organisation also runs group activities which recognise the social support that participants provide for each other.

When asked what difference does LOHO make? Hugh McLean responded by saying.

"Our service is changing the culture of how people can access exercise on referral from the NHS by supporting a preventative approach in keeping with 'anticipatory care' model of working. We encourage individuals to try physical activity in a range of ways, working alongside them to identify their needs and how we might be able to respond to those needs. Working closely with the integrated structures of health and social care our service has been described by advisors from Healthcare Improvement Scotland as "the most comprehensive model of integrated care in Scotland"

Maintaining independence is a crucial part of what is hoped for by many of the people referred and some have benefitted more than once as their needs change.



By researching the needs of their community LOHO continues to grow and develop. A significant venture includes a Falls Prevention initiative in collaboration with NHS Physiotherapy which has now developed into a Healthy Villages initiative being trialled initially in Taynuilt with a view to extending in Port Appin, Dalmally and Easdale/Seil. Chairperson Hugh tells us

“This demonstrates the importance of community-led initiatives where opportunities to go beyond the initial remit are possible. Statutory bodies cannot do this so easily.”

LOHO have forged highly collaborative, relationships with the statutory sector partners in both the Local Authority and Health Board. They feel that they are contributing to changing culture in relation to health not just with the individual people that benefit from their services but within the Health and Social Care system with which they have co-produced their services.

“Since the beginning of integrated care we have been nibbling away at senior

management. In our conversations we use all the papers that say what we do is needed e.g. the Christie Commission.” Says Hugh.

However, they still fear what the future might hold and like many community-led initiatives struggle to understand why when the results they achieve are universally praised that securing a sustainable future should remain such a struggle.

However, ever the optimist, Hugh gives me his final thought on the subject.

“If the problems are in the community, the solutions are in the community”

At CHEX we feel that LOHO typify the achievements and challenges faced by many organisations in the community-led health sector and we look to our statutory sector colleagues to see what they can do within the challenges they also face to secure the future of these organisations whose very independence from the strictures of statutory systems is a key and complimentary strength.



Getting ready for GDPR

Data protection changes for community organisations

How we use your information (required) *

Your data will be used together with our [privacy policy](#). It withdraw your consent at any time.

I'm happy for my answers to be used to improve

SUBMIT

If you're an organisation who, like us, shares information through websites, newsletters or other digital tools you might have heard about the changes to data protection laws that have come into force this year.

The [General Data Protection Regulations \(GDPR\)](#) changes apply to any organisation which collects people's personal information. This means information collected both online and offline and anything that could be used to identify someone - it's a very broad definition.

Here at CHEX we've been working on the changes for the last few months and it's been quite a significant job. The changes aren't revolutionary, but they certainly tighten up some of the ways that data protection works right now.

For example, under the new rules you can no longer use a pre-filled tick box when asking someone to agree to terms and conditions when they sign up to a mailing list - it should be clear exactly what they're signing up for and they have to actively choose to opt in.

That's certainly a positive for user, who will have enhanced rights to demand from companies and organisations what information they have them, how it's been used and for it to be deleted. Much of this is already part of the existing data

protection laws, but GDPR brings more stringent rules and potential punishment for those who don't follow them.

However, there's certainly no need to panic - if you're aware of data protection regulations you're likely complying already, with the changes a good opportunity to tighten up your existing practice. For us, this has meant making sure our information is clear and our systems are fit for purpose. So, we've rewritten our privacy policies and asked ourselves what information we really need to ask for in the first place?

We've also:

- Carried out an audit of some of the information we have, what we use it for and how long we keep it.
- Made it clear what we use information for when we're asking for it.
- Ensured our policies around data breaches and subject access requests are fit for purpose.
- Updated staff on the changes and best practice going forward.

With GDPR now in force, community organisations of all sizes should update their practice and make sure any future data is handled appropriately.

Find out more about GDPR [here](#).

CHEX News: Democracy Matters



The Scottish Government has launched the next phase of its Local Governance Review, inviting people to join a conversation called 'Democracy Matters'.

The campaign asks five key questions about how decisions should be made at a more local level. It asks whether communities, of place or identity, should have more control of decisions and what those might be. It also asks how this should look and what new or existing decision-making processes could be used. A [short animation](#) has been released which summaries the review and the five questions being asked.

The review encourages people to hold conversations in their communities to discuss Democracy Matters and includes a [community engagement fund](#) where groups can apply for £100 - £300 to help make conversations happen. They have [also published](#) guidance about how the discussion might work and how it could be facilitated.

Reviewing democracy

The review of local governance was set out in the Scottish Government's 2017-18 programme for government and will be part of the forthcoming Local Democracy Bill.

SCDC and CHEX has been involved in the development of the review thus far, along with the other organisations and groups from across sectors in Scotland.

SCDC Director Fiona Garven is a member of the Local Governance Review Enabling group. She said:

"We encourage communities of all kinds to have their voice heard as part of this critically important review into how Scotland's local democracy should work. As it develops, we look forward to the ideas and priorities of communities being at the centre of local decision-making, building on the ongoing work of community organisations across the country."

You can download the report [here](#) and view more information on the [Scottish Government website](#).

Join our Network

Here at CHEX we're always on the lookout for community-led health groups/organisations to sign up to our network. Let us spread the great work that you do further. Here's more reasons why you should sign up today. Find out how to register [here](#).

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

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