

## Information Bulletin

Date circulated: April 2010

Much of the information in this bulletin is for information only. If you require more information or need a copy of a document please get in touch with the contact details provided. If no contact details are provided please get in touch with Lesley Baxter (contact details at the end of this bulletin).

### Classes and Training

- 145 Springwell Strollers** walking group, starting on the 6<sup>th</sup> April, meets at 2pm on Tuesday afternoons for walks of 45 minutes to an hour and are suitable for everyone. Contact Alan or Annie at Health All Round on 537 7530.
- 146 Assert Yourself!** Courses are starting at Health All Round, Springwell House, Ardmillan Terrace, from Thursday the 20<sup>th</sup> of May from 10am until 12pm. Contact Claire on 537 7530 to book a place.
- 146 Build Your Confidence!** Courses start at Health All Round, room 1, Springwell House, Ardmillan Terrace, on Thursday the 3<sup>rd</sup> of June for four weeks. Contact Claire on 537 7530 to book a place.
- 146 Self Esteem!** Courses start at Health All Round, Springwell House, Ardmillan Terrace, on Thursday the 13<sup>th</sup> of May. Contact Claire on 537 7530 to book a place.

### **148 Training & Consultancy**

“Our vision: Unique, tailored & rewarding training experiences for you, for your clients, for your team. We facilitate flexible, hands on activities which are client centred, fun and wholly unique to your needs and specifications. We don't just train in the working week: you can book our service for evenings and/or weekends!

Our fees are based on a matrix where we only charge what you can afford. We are extremely competitively priced. We believe that everyone irrespective of their ethnicity, age, social status, economic position and professional role should have equal access to learning and up-skilling events like ours.

Templates available:

- 3 hour session: Employability: describing, explaining & presenting the employability pathway in a visual context.
- 1 day sessions in basic Graphic Facilitation skills for personal development & project planning.
- 1 day session on the essentials of promoting Breast Awareness with Breast Health Promotion techniques: a Train the Trainer course.
- A unique 2 hour breast development session specifically targeting guidance teachers, mothers, school nurses and young women aged 12-18.
- 3 hour workshop: Health Inequality: an experience and explanation of health determinants, barriers to good health and reducing health inequalities.
- 3 hour session: Financial Health and Money Management for young people
- Training Mentoring service: a service improvement consultation
- Message design and delivery: Help u to help you get your message across.

If you are interested in any of the above or just have a question, contact Lucy Woodhouse by telephoning 07887551466 / 0141 423 1331, e-mailing [training.lucywoodhouse@googlemail.com](mailto:training.lucywoodhouse@googlemail.com) or have a look at the facebook page!”

### **148 Voices for Change, Creating Change’ – Free Training (part of the Evidence – Participation – Change (EPIC) project)**

*Dates and locations tbc*

This free training is aimed at individuals and groups that have experience of poverty issues and who want to get their voices and experiences heard more effectively in order to instigate change.

If you are a larger organisation and you work with people who are affected by these issues and think it

may be of benefit to them please get in touch also. Training sessions are free and contributions to childcare costs and travel are available. Refreshments will be provided.  
For more information on the training or on future dates, please visit [www.povertyalliance.org](http://www.povertyalliance.org) or email [kathryn.mcturk@povertyalliance.org](mailto:kathryn.mcturk@povertyalliance.org) The EPIC project is supported by the Big Lottery Fund in Scotland.

## **Health Related Documents, Strategies, Consultations and Websites**

### **NHS Lothian publishes draft Equality & Human Rights Scheme to improve fairness in health services and NHS employment in Lothian**

NHS Lothian is developing its first Equality & Human Rights Scheme and would welcome your views. The work to develop the draft Scheme has been led by a steering group made up of service users and representatives of community groups from across Lothian. There have been a series of events starting in October 2009 to involve people in identifying our joint priorities and shaping the way NHS Lothian should tackle them. Four priorities for the Scheme have been identified through this involvement work. A consultation on the Scheme has been launched to build on the involvement that has already taken place. A draft of the Scheme is available on the NHS Lothian website at:

[http://www.nhslothian.scot.nhs.uk/your\\_rights/equalityanddiversity/default.asp](http://www.nhslothian.scot.nhs.uk/your_rights/equalityanddiversity/default.asp)

The consultation will close on Monday 10 May 2010.

If you do not have access to the website or would prefer a paper copy, or another format, please get in touch with the following contact.

James Glover, Head of Equality & Diversity. NHS Lothian

Telephone: 0131 536 9037. Email: [james.glover@nhslothian.scot.nhs.uk](mailto:james.glover@nhslothian.scot.nhs.uk)

- 144** The **Patient Rights (Scotland) Bill**, introduced on 17 March 2010, and accompanying documents can be found at: <http://www.scottish.parliament.uk/s3/bills/42-PatientRights/index.htm>
- 147** Scotland has a new website all about **immunisations**: [www.immunisationscotland.org.uk](http://www.immunisationscotland.org.uk)
- 148** **NHS Health Scotland** will shortly be inviting tenders from voluntary and community organisations to work with them on a programme of equality and diversity impact assessments during 2010-11. This will involve helping to identify how NHS Health Scotland's work could affect people differently and to identify potential solutions to address negative impact and to promote equality. NHS Health Scotland also want to explore more creative ways to consult with diverse communities on their findings and solutions. As the national health improvement agency in Scotland with a specific remit to tackle health inequalities equality impact assessment is a key tool for NHS Health Scotland in informing how they plan and develop their work.  
If you would like to be sent a copy of the tender, please e-mail [katy.hetherington@nhs.net](mailto:katy.hetherington@nhs.net) or telephone Katy on 0131 3137500 to discuss this further.
- 148** **Tobacco Control Strategy**  
In order to set out the case for the next required steps in tobacco control, ASH Scotland is looking to engage practitioners, policy makers, young people and the voluntary and health sectors into debate regarding the key measures needed to reduce tobacco use, prevent uptake, and tackle the health inequalities caused by tobacco use. ASH Scotland will then develop an alliance to campaign in support of these measures, which will be timed to ensure maximum impact on political party policies in advance of the May 2011 Scottish elections.  
If you are interested in taking part in this initiative or require more information, please get in touch. Contact: ASH Scotland, phone: 0131 220 9478 or e-mail [rachel.odonnell@ashscotland.org.uk](mailto:rachel.odonnell@ashscotland.org.uk)
- 148** **Jobcentre Plus website closes** - The website that provides information and advice for jobseekers on vacancies has now shut down. From 1 April anybody seeking advice and guidance from the Jobcentre Plus website will be directed to other sites, including [www.direct.gov.uk](http://www.direct.gov.uk) Employer information will be available on [www.businesslink.gov.uk/jobcentreplus](http://www.businesslink.gov.uk/jobcentreplus) and corporate and partnership information will be accessible via [www.dwp.gov.uk/jobcentreplus](http://www.dwp.gov.uk/jobcentreplus)
- 148** **Depression Alliance Scotland** is currently running a survey which looks at public attitudes to preventing Depression. The survey is available at <http://www.surveymonkey.com/s/8DJJW3C> All

replies are confidential. Please note that the closing date for responses is Friday 30 April.

**148 A national set of mental health indicators for children & young people**

An adult set of Scottish indicators was completed at the end of 2007 and an associated data report published in early 2009. Go to: <http://www.healthscotland.com/understanding/population/mental-health-indicators.aspx> Work is now progressing to establish a similar set of Scottish indicators for children and young people (under 18), fulfilling commitment 4 of TAMFS <http://www.healthscotland.com/scotlands-health/population/mental-health-indicators/children.aspx> If you are interested in contributing and would like copies of the consultation material, please e-mail Laura Martin, Senior Programme Officer - Early Years and Families NHS Health Scotland at [laura.martin3@nhs.net](mailto:laura.martin3@nhs.net)

**148** In a **consultation paper** entitled Voluntary Power, the independent, non-partisan think tank calls on politicians to acknowledge and support the huge, but largely untapped, resource that the voluntary sector offers. For more information, to view the paper and for details on how to respond, click [here](#). The deadline for responding to the issues raised in the report is 30 June 2010. For information on Reform Scotland, visit <http://www.reformscotland.com/>

**148 Scottish Accessible Information Forum's (SAIF) at:**

<http://www.saifscotland.org.uk/showlog.php?weblogid=23> will tell you more about what Easy Read means, give you some top tips on how to do it and provide links to other useful publications which will give you more detailed information. The guide also lists some organisations who can produce your documents in an easy read format. For more information on SAIF, visit <http://www.saifscotland.org.uk/>

**148** The Spring 2010 edition of **All in Good Health** is now available to download. All in Good Health is a quarterly magazine which presents articles and features on key Health Scotland projects and initiatives. Download All in Good Health from NHS Health Scotland's website at: <http://www.healthscotland.com/uploads/documents/12293-AllInGoodHealthSpring2010.pdf>

**148** The Spring 2010 issue of **Connect**, the newsletter of the Scottish Health Council, has been published and is now available to download at [www.scottishhealthcouncil.org/shc/news/Newsletter](http://www.scottishhealthcouncil.org/shc/news/Newsletter)

**148** The report detailing results from the evaluation survey of the **2008 - ScotPHO Community Health and Wellbeing Profiles** has been published at [www.scotpho.org.uk/2008profileevaluation](http://www.scotpho.org.uk/2008profileevaluation)

**148** The second edition of the Community Empowerment e-Newsletter (March 2010) is now available from the Scottish Government website. You can access the Newsletter at: <http://www.scotland.gov.uk/Topics/Built-Environment/regeneration/engage/empowerment/newsletter/march2010>

**148** Parenting across Scotland (PAS) has recently produced a very useful new booklet for parents - Ten Top Tips on play. To read the Top Tips, visit <http://www.parentingacrossscotland.org/publications/ten-top-tips.aspx> where you will also find details of how to order a hard copy. Booklets are free to order and PAS would welcome bulk orders from surestart, nurseries, health professionals etc as well as individual parents.

**148** [www.immunisationscotland.org.uk](http://www.immunisationscotland.org.uk) the new Immunisation Scotland website is now live! Immunisation Scotland is a 'one-stop-shop' site, providing information about all the current immunisation programmes in Scotland, the vaccines available, and the diseases they protect against.

**148** [www.counselling-directory.org.uk](http://www.counselling-directory.org.uk) is a useful resource for those looking for support or general advice about counselling.

## **Organisations, Groups and Charities**

- 148** Are you campaigning on an important issue at a local, national or global level? Would you like support to be a better campaigner? An **SMK Award** is for people who are just starting out as campaigners and want to take their work to the next level. Apply now, or if you know someone else who might benefit from an award you can nominate them in less than two minutes! The deadline for applications is **midday on 28 June 2010**. For more information visit: [smk.org.uk/smk-awards-2010](http://smk.org.uk/smk-awards-2010), e-mail [awards@smk.org.uk](mailto:awards@smk.org.uk) or telephone 020 7700 8231. The Sheila McKechnie Foundation is the only registered charity in the UK dedicated to connecting, informing and supporting campaigners.
- 148** **The Zero Waste recycling campaign** will work in partnership with local authorities and grocers to educate the public on how they can do their bit in their local area in the form of nation-wide road shows. Television, radio and outdoor adverts will be seen across Scotland for up to six weeks. A 10 foot blue elephant, taken from the advertising creative, will also tour iconic locations across Scotland to remind people to recycle more items, more often. It will also appear at various supermarkets across Scotland. For more details, visit <http://www.scotland.gov.uk/News/Releases/2010/04/14092840> For more on Zero Waste, visit <http://www.scotland.gov.uk/Topics/Environment/waste-and-pollution/Waste-1>

## **Funding and Grants**

- 148** **see me's** new Local Grants Scheme will grant awards of up to £5,000 to local groups who can come up with fresh and innovative ideas and projects to tackle stigma and discrimination associated with mental health. Applications opened on 19 April and will close on 28 Friday May 2010. For more information or to download a copy of the guidelines and application form, <http://www.seemescotland.org.uk/local-grants-scheme-guidelines> or email [info@seemescotland.org](mailto:info@seemescotland.org) or call 'see me' on 0131 554 0218 and a copy will be sent out to you. For more information on 'see me', visit [www.seemescotland.org](http://www.seemescotland.org)
- 148** Grants of up to £20,000 are available from **The Scottish Community Foundation** to get local people involved in improving their community; build skills, connections and confidence, and develop a plan of action to start making a lasting difference. The Foundation is looking for four groups to start working with in this current year. The deadline for expressions of interest is Friday 30 April 2010. For more information, go to: <http://www.scottishcf.org/resources/news/view/97/our-community-our-future-20k-available-to-new-groups-to-tackle-issues-local-issues/>
- 148** **Drinkaware Grants scheme** - Drinkaware funding schemes give local and national projects a fantastic chance to change the nation's drinking habits and make a positive difference to people's lives. Grants are available to groups in any part of the UK, working with any population group, through 3 schemes; Ideas Fund - up to £2,000, Awareness Projects - up to £25,000 and Big Impact Awards - up to £100,000. For information, visit <http://www.drinkaware.co.uk/grants>

## Useful websites

Capital City Partnership .....	<a href="http://www.capitalcitypartnership.org">www.capitalcitypartnership.org</a>
City of Edinburgh Council .....	<a href="http://www.edinburgh.gov.uk">www.edinburgh.gov.uk</a> Then either click on the department or service, or use the Search facility
Health All Round .....	<a href="http://www.healthallround.org.uk">www.healthallround.org.uk</a>
This organisation uses a holistic approach to provide services focusing on physical, social and emotional wellbeing.	
Neighbourhood Partnerships .....	<a href="http://www.edinburghnnp.org.uk">www.edinburghnnp.org.uk</a>
NHS Lothian .....	<a href="http://www.nhslothian.scot.nhs.uk">www.nhslothian.scot.nhs.uk</a> Then click on News & Publications
Quality Improvement Scotland (QIS) .....	<a href="http://www.nhshealthquality.org">www.nhshealthquality.org</a> Then search on Publications QuickFind
Scottish Government (Publications) .....	<a href="http://www.scotland.gov.uk/Home">www.scotland.gov.uk/Home</a> Then click on PUBLICATIONS
The Edinburgh Compact .....	<a href="http://www.edinburghcompact.org">www.edinburghcompact.org</a>
Searchable database of local organisations.	

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