

Information Bulletin for North and South Edinburgh Public Partnership Forums and city wide networks

Information Bulletin Number: **27**
Date circulated: **29 September 2010**

Classes, Courses, Training, and Support Events, Fairs, Community Days and Seminars

1 Volunteer Centre Edinburgh

The Central Registered Body in Scotland (CRBS) is delivering a full day's training on the new Protection of Vulnerable Groups Act at St Georges West Church, from 10 00am – 4.00pm (£10 to cover costs.).

This is for voluntary and community sector organisations, and it has now been opened up to partners – all welcome. See the following for booking and further details

http://www.volunteeredinburgh.org.uk/events/Protection_of_Vulnerable_Groups .
www.volunteeredinburgh.org.uk

45 Queensferry Street Lane Edinburgh EH2 4PF : Telephone: 0131 225 0630

2 Free Management Support for Voluntary Organisations in Scotland

The Cranfield Trust provides free management consultancy support to voluntary organisations through a national register of highly skilled volunteers from the commercial sector. Some of the management projects they can help with are; Organisation Development, Marketing and Communications, IT, Finance and HR.

If you would like further information about this service then visit <http://www.cranfieldtrust.org/>

3 Free Tendering Support for Third Sector Organisations

Does your organisation face funding cuts? Do you have to competitively tender? Do you lack knowledge of the process? The Edinburgh PACT (Procurement and Consortia Tendering) project increases third sector organisation's knowledge and understanding of the tendering process. PACT provide support in:

- Finding contract opportunities
- Brokering consortia bids
- Preparing tender responses
- PACT is free to all third sector organisations in Edinburgh.

If you are having to tender for a contract please get in touch to find out how PACT can help you. For more information please contact Will McLean by emailing

will.mclean@forthsector.org.uk or by telephoning 0131 659 4741.

4 Y-STEP (Young People Smoking Tobacco Education and Prevention) New and free to borrow!

Tobacco, smoking prevention and education resources.

YSTEP (Young People Smoking Tobacco Education and Prevention) can offer you free, up to date smoking and tobacco educational resources to borrow from 6 Edinburgh libraries.

YSTEP aims to equip agencies and staff working with young people to increase their knowledge, confidence and understanding of tobacco issues and effective smoking prevention approaches and to integrate this into their on-going work.

Organisations in Edinburgh working with young people aged 11-25 are invited to contact Emma

Crawshaw and Debbie Jardine to sign up to access and borrow the resources - we would also be delighted to offer you free, flexible YSTEP training at a time that suits you to ensure you and your team can make the most of them.

Contact: Emma Crawshaw

Debbie Jardine

E-mail: Emma@fastforward.org.uk

Debbie@fastforward.org.uk

5 Saheliya Black History Month Event – “The Mental Health Legacy of Colonialism”

This event aims to explore the effects of the legacy of colonialism with its lasting impacts on people, race, society, finance, faith and history on mental health, ethnic minorities, women and our unwritten history. You are invited to come and explore this and commemorate and celebrate Black History Month 2010 with Saheliya Sisters! The event will hold workshops and open discussions on the mental health legacy of colonialism, particularly for women. Please book early – places are limited. The event takes place on Wednesday 13th October 2010 at Saheliya with a morning session for women only. Contact 0131 556 9302 or email info@saheliya.co.uk for more information and to book a place.

6 The Glass-House Debate Series:

The Sustainable Community Building Refurbishment vs New Build

Thursday 21 October 2010, 6.00pm to 8.00pm (refreshments from 5.30pm)

RSE Scotland Foundation, Edinburgh

The Glass-House Community Led Design is a national charity working to help local people and regeneration professionals make better community buildings, spaces, homes and neighbourhoods. Each year The Glass-House and partner organisations hold a free nationwide debate series focusing on a topic related to the design of the built environment. This year, the Glass-House will be exploring the sustainability of the community building, looking at the challenges and opportunities faced by community organisations when they take on the management or ownership of a community building, and discussing what the social, environmental and economical implications are of doing so for both refurbishment and new builds.

With a diverse speaker panel providing first-hand accounts you will be able to gain a deeper understanding of the topic and be able to share your views. This is your chance to join in the lively discussion!

For more info and to register your free place please visit www.theglasshouse.org.uk and go to the What's On page or contact jaina@theglasshouse.org.uk or 0207 490 4583.

7 'Every Word Matters!' A conference on working together to improve interpreting in NHS Scotland

Thursday 4 November 2010, 10.00am to 4.00pm

John McIntyre Conference Centre, Pollock Halls, Edinburgh

The support of a good interpreter is a crucial element in access to health care for someone with limited English. NHS boards and other partners have been working to improve the quality and delivery of interpreting services across NHS Scotland. This free one-day conference will be of interest to:

- NHS equality and service managers
- NHS staff that use or procure interpreting services
- Managers in other organisations who purchase interpreting services
- Individual interpreters and managers of interpreting agencies
- Organisations which work with people who use interpreters

The day will include discussions and presentations relating to models for procurement and delivery of interpreting, approaches to British Sign Language (BSL) interpreting in health, language and individual identity, and interpreting in a mental health service -when language is the core of treatment.

Four workshops will focus on key aspects for improvement, including standards for interpreting,

opportunities for technology and other efficiency measures, and training for NHS staff in working with interpreters.

To download the programme, click [here](#) and to register online, click [here](#). For all other conference enquiries please contact Carrie Blair by e-mailing carrie.blair@nhs.net or telephoning 0141 354 2900. BSL interpreting will be provided. Please indicate access needs during the online registration process.

8 Scottish Backs Website

The web site to go to if you have back pain. Find the best advice, support and factual information. Hear patient stories and watch short video clips all of which will help you manage your back pain and get back to normal as soon as possible.

www.scottishbacks.co.uk

Health Related Documents, Strategies, Consultations Campaigns and Websites

1 Working Health Services – Lothian

- Are you an employer looking to help a staff member with a health problem that affects their ability to work?
- Would you like advice, support & treatment to help you stay at work or get back to work?
- No access to Occupational Health through your work / company?
- Struggling at work because of your health?
- Off work because of a health problem or incapacity?
- Do you have a general enquiry about what employment support services exist in Lothian?

Contact Working Health Services for help and advice.

- FREE Lothian- wide work rehabilitation service for patients
- Ease of referral on our hotline number (0131) 537 9579
- Email: voc.rehab@nhslothian.scot.nhs.uk
- Rapid access to NHS occupational therapy, physiotherapy mental health and counselling services.
- 2 day response to referral
- Case managed employer liaison, job site visits and client advocacy
- Work hardening and conditioning service
- Debt and Welfare advice
- Independent Employment and Legal advice

Working Health Services Hotline:

0131 537 9579

Monday to Friday, 8.30 am – 4.30 pm (24hr answer Service) **Free and confidential**

2 Living Life – new telephone service for people who are feeling low, depressed or anxious

A telephone-based scheme which is aimed at helping people living in Lothian to deal with mild to moderate low mood, anxiety and depression.

People experiencing low mood, anxiety or depression can contact the service directly on **0800 328 9655 without having to go via their GP. The service is open from 1pm to 9pm Monday to Friday, excluding Public Holidays, with appointments being made to suit the patient.**

The telephone service provides accessible, user friendly Cognitive Behavioural Therapy (CBT), and puts people more in control of their mental health. CBT is an evidence-based and structured form of psychotherapy which aims to alter unhelpful thinking and behaviour which commonly occurs during times of distress. There is a broad awareness that psychological therapies such as CBT can provide long term benefits to patients.

People can access the service by telephone from the privacy of their own home - and the telephone calls are to a free phone number.

Developments within this type of therapy have shown that computerised or telephony-based CBT can be highly effective as part of a wider model of care for those with low mood, anxiety and mild to moderate depression.

3 City of Edinburgh Council – Budget Development

At its meeting on the 16th September 2010, the Council approved a range of budget savings. All but one of the proposals detailed in Package 1 and considered by councillors were passed. The report to the Council is published on the Council website ([Council Papers Online](#)). The minute of the decision will also be published.

- [Budget Development 2011/12 to 2013/14](#) and [Appendix 1](#) (City of Edinburgh Council 16 September 2010)
- Equality Impact Assessment reports related to the Package 1 budget savings are published on the Council website. www.edinburgh.gov.uk/equalities

See also the Council website for further information about the [Council Budget 2011/14](#). This includes references to a second set of potential savings (Package 2 proposals) and the involvement/consultation programme that includes local “summit meetings” and the opportunity to complete a short online survey.

4 Long Term Conditions Alliance (LTCAS)

LTCAS are launching the ‘SMILE for Self Management’ campaign to raise awareness of self management in Scotland. The campaign is linked to a national awareness raising campaign and to Scotland’s first Self Management Week (4 – 8 October 2010). For more information, download the SMILE leaflet [here](#) or visit <http://www.ltcas.org.uk/smile.html>.

5 What Works? Directory

The Learning Network is working with the Poverty Alliance and Glasgow Calendonian University to publish a collection of 12 case studies, which demonstrate success and effective practice in tackling poverty. They are currently searching for projects or organisations that wish to share their experiences with others to improve the way poverty is tackled across Scotland. The directory will be made available on the Communities of Practice site of the Learning Network and the Scottish Government web pages of the Scottish Centre for Regeneration. The first entries will be published in the late autumn of 2010 and the full directory of 12 case studies will be published by March 2011.

For more information, contact Kelly McDade, Project Co-ordinator by telephoning 0141 353 0440 or

e-mailing kelly.mcdade@povertyalliance.org. The deadline for submissions is **Tuesday 30 November 2010**.

6 National evaluation of Keep Well - briefing papers now available

Following the recent publication of the first three reports from the national evaluation of Keep Well, a briefing paper for each of these reports is now available. Each briefing paper provides an overview of its respective evaluation report and highlights key learning from that report. The papers can be accessed at <http://www.healthscotland.com/documents/4675.aspx>.

Organisations, Groups, Networks and Charities - News and Information

1 Get It Together Project

A project to get people together who have an interest in alcohol and its role in our lives and society. Various activities will be organised including creative writing, video production, radio and drama. A main target of the project will be to create a book around people’s experiences

and or knowledge of alcohol.

If you are interested in the group in a participatory, voluntary or professional Basis contact Jason Lee on 0131 672 0980 or email enquiries@libertus.org.uk

2 “A Small World” - A Multi-cultural Learning Circle

This is a new way of studying culture; rather than reading descriptions of other countries, you are invited to exchange your own experiences of culture and community with people from different places. From first hand experience we will find out about the issues and strengths of each other's way of life. The Adult Learning Project wants to find people from a wide range of cultures to become regular contributors to this learning circle. They will help you make presentations about your culture and community through the Internet. The project is organised by the [Adult Learning Project](#) at Tollcross Community Centre. Contact 0131 221 5800 or email stan.reeves@ea.edin.sch.uk for more information.

3 Volunteer Centre Edinburgh - Survey

Volunteer Centre Edinburgh is currently carrying out a [survey on volunteering](#) in Edinburgh. The information provided is important to Volunteer Centre Edinburgh in terms of improving the services that they provide to volunteer involving organisations, referrers and volunteers, and also as one of the lead partners in Inspiring Volunteering: A Volunteering Strategy for Edinburgh, which was launched in December 2006. There are three separate surveys (volunteering involving organisations, volunteers and referrers) and you can complete the one that is most relevant to you.

4 Are you looking to grow and develop?

Pilotlight Scotland's free capacity building service matches charities with teams of business people who are keen to use their skills and strategic awareness to help organisations in their local communities.

As well as skills in arenas including finance, legal, HR and marketing, they all manage teams, control budgets, and have implemented change and business improvement programmes in their own organisations. Through the Pilotlight process, they can use their experience to assist you in making the decisions that will help to secure the sustainability of your organisation.

To learn more about the Pilotlight process go to:

<http://www.pilotlight.org.uk/index.php/charities/what-we-offer/>. For more information, email the project management team at: scotland@pilotlight.org.uk or call 0131 243 2765.

By working with Pilotlight, an organisation will get:

- Up to 100 hours of support from local senior business leaders with a range of skills including strategic planning, financial management, HR and marketing, from corporations such as Lloyds Banking Group, Student Loans Company, Scottish Power, legal firms such as Brodies, Biggart Baillie, over a 12 - 18 month period.
- Access to a proven and carefully-managed process that helps them tackle the barriers facing your organisation and maximise opportunities.
- Experienced facilitation to ensure everyone's time is managed efficiently and effectively.
- Tools and frameworks to help them put insights into practice.

5 Activity camps for children affected by serious and life limiting illnesses

Over The Wall will shortly be announcing the dates for their spring and summer programme in 2011. Over The Wall is an established charity providing week-long residential activity camps to children and young people aged 8 – 17 who are affected by serious and life-limiting illnesses. In 2011, Over The Wall will operate camps for siblings and seriously ill children / young people in Scotland.

Camp is an important social experience and life-changing for the children concerned.

Improvements in well-being and self-esteem are widely reported which can lead to better self-care and also educational attainment and aspirations.

Any child who meets the criteria is eligible to apply. Please note that this experience comes at no cost to the family. Our programme is open to all children living in the United Kingdom and

transport is offered from central locations. For more information, please e-mail info@otw.org.uk or visit <http://www.otw.org.uk/>.

Funding

1 External funding opportunities

<http://www.edinburghnp.org.uk/about-nps/funding/external-funding-updates>

The Neighbourhood Partnership website provides local news and events including frequent updates on external sources of funding available for individuals, community groups and local activities.

2 Grants to increase access to sport and exercise

The Community Foundation Network is distributing some of the funds raised through Red Nose Day and Sport Relief through their network of local community foundations.

Community foundations across the UK are inviting applications for grants of up to £10,000. The grants are to support community groups who are using a range of activities, including sport, to increase access to sport and exercise for people who face social exclusion and isolation and to help people who are experiencing difficulties in their lives to regain their confidence and self-esteem. To be eligible to apply groups need to:

- be working in a disadvantaged or deprived area
- be small, locally based groups or organisations who have a clear understanding of the needs of their community
- have limited access to other sources of income

For more information please contact the Scottish Community Foundation by phoning **0141 225 6670** or by emailing info@scottishcf.org

3 Ashworth Charitable Trust

The Ashworth Charitable Trust supports humanitarian causes, both nationally and internationally. The type of activities that might be funded include support for people who are isolated, vulnerable, at risk or disadvantaged and support for carers. Up to £3000 is available to UK registered charities.

www.ashworthtrust.org

4 Scottish Community Foundation

The Foundation provides funding to community groups and charities, particularly those which help to build and sustain communities, through a variety of grants programmes. Grants of £250-£5,000 are awarded for a wide range of projects. Subject to eligibility, not-for-profit groups working to benefit people in Scotland can apply to these programmes at any time.

The foundation also has a variety of local grants programmes which benefit people in specific areas of Scotland. To see if there are any local funds available in your area visit the section of the website. Or, if you'd like to discuss your funding needs, you can contact the foundation on **0141 341 4960**.

5 Investing in Ideas

This scheme was re-launched in July with a £1,000,000 budget for the next year. Grants of between £500 and £10,000 are available to groups in Scotland to enable them to think about, test and develop ideas for projects or improved ways of working that will bring real improvements to communities and the lives of people most in need. To download an application form visit www.biglotteryfunds.org.uk/scotland, or to discuss your idea before applying call the advice line on **0300 123 7110**.

- 6 The Co-operative Membership Community Fund**
 The Co-operative Membership Community Fund provides grants of between £100 and £2,000 to help local communities throughout the UK.
 The scheme is unique in that it is funded by generous Co-operative members donating some or all of their share of profits, which is then given away in the form of small grants in their local communities. If your community, voluntary or self-help group needs a grant you can apply online at www.co-operative.coop/membership/local-communities/community-fund/onlineapplicationprocess/
- 7 Foyle Foundation**
 The Foyle Foundations Small Grants Scheme makes one year grants of between £1,000 and £10,000 to charities which can demonstrate that such a grant will make a significant difference to their work.
 The scheme is designed to support smaller charities in the UK, especially those working at grass roots and local community level, in any field, across a wide range of activities. Applications are welcomed from charities that have an annual turnover of less than £100,000 per annum. The application form can be downloaded from www.foylefoundation.org.uk/small-grants-scheme/
- 8 New Funding Round 'Connecting Generations' Micro Grants**
 The Scottish Centre for Intergenerational Practice (Generations Working Together) provides funding to stimulate projects that demonstrate good practice and innovation in intergenerational activities in Scotland. The Spring 2010 Micro Grant funding round had over 150 applications, of which 53 projects were funded. The Autumn 2010 micro grant is now open for proposals. There will be a limited number of grants of £250 to £750 through the one-off Micro Grants Programme. Please download the application pack for details from <http://www.scotcip.org.uk/funding.html>.

Useful websites

Capital City Partnership

www.capitalcitypartnership.org

The Capital City Partnership (CCP) is a key strategic partnership within Edinburgh's Community Planning Framework, leading on the delivery of the regeneration targets of the city's Single Outcome Agreement. It brings together key statutory, voluntary, community and private sector organisations to promote change and joint working for community regeneration.

City of Edinburgh Council

www.edinburgh.gov.uk

Then either click on the department or service, or use the Search facility

Health All Round

www.healthallround.org.uk

This organisation uses a holistic approach to provide services focusing on physical, social and emotional wellbeing.

Neighbourhood Partnerships

http://www.edinburgh.gov.uk/info/794/partnerships/579/neighbourhood_partnerships

NHS Lothian

www.nhslothian.scot.nhs.uk

Quality Improvement Scotland (QIS)

www.nhshealthquality.org

Then search on Publications QuickFind

Scottish Government (Publications)

www.scotland.gov.uk/Home

Then click on PUBLICATIONS

The Edinburgh Compact

www.edinburghcompact.org

Searchable database of local organisations.

External funding opportunities

<http://www.edinburghnp.org.uk/about-nps/funding/external-funding-updates>

The Neighbourhood Partnership website provides local news and events including frequent updates on external sources of funding available for individuals, community groups and local activities.

Scottish Council for Voluntary Organisations (SCVO)

Mansfield Traquair Centre, Mansfield Place, Edinburgh EH3 6BB

Tel: 0131 556 3882

Email: enquiries@scvo.org.uk Web: www.scvo.org

Scottish Families Affected by Drugs

www.sfad.org.uk

Free and confidential helpline: 08080 101011 (5.00pm to 11.00pm 7 days a week)

Information for this bulletin has been pulled together from various publications, emails, newsletters, etc.

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