

Edinburgh Community Health Partnership Information Bulletin

Edinburgh city wide networks

Information Bulletin Number: **53**
Date circulated: **DECEMBER 2014**

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Section 1 Classes, Courses, Workshops, Training, Support and Publications

1 Welfare reform and the third sector report

SCVO's report looks at the cumulative impact of welfare reform on organisations on the frontline and the people they serve. It highlights the existing research into the impact of welfare reform on key groups, showcases some examples of best practice and lists recommendations to government.

Their research was informed by a series in-depth interviews and focus groups with 40 organisations in six different communities across Scotland gathering information about their experiences of the recent benefit changes.

More [here](#)

2 Getting the messages too - The benefit of obtaining nutrition qualifications for practitioners and their organisations

Since 2007, Community Food and Health (Scotland) (CFHS) has supported 51 community food practitioners to obtain a RSPH Diploma in Nutrition, Certificate in Nutrition or Level 3 Award in Nutrition for Healthier Food and Special Diets

This publication reports on a survey carried out in 2014 to identify if and how this investment has benefited the community food practitioners, the organisations they work for and the people they work with.

More [here](#).

3 Health Expectancies at Birth and at Age 65 in the United Kingdom, 2009–11

With life expectancy increasing in the UK, health expectancies are a way to monitor whether the 'extra' years gained are spent in 'Good' health or free from a limiting illness or disability. This bulletin updates national estimates of disability-free and healthy life expectancy estimates for 2009–11, both at birth and age 65 for the UK and constituent countries.

This bulletin also looks at changes, between 2000–02 and 2009–11, in disability-free and healthy life expectancy at birth in the four constituent UK countries, as well as looking at changes in health expectancies at age 65 in the UK.

More information [here](#).

4 Monitoring poverty and social exclusion 2014

This annual report, written by the New Policy Institute (NPI), examines how the UK's economic recovery is affecting people in poverty, and reveals dramatic changes in who is most at risk compared to ten years ago. The report focuses on money, housing, work, benefits and services, among other indicators.

Joseph Rowntree Foundation has a breakdown of the report [here](#). More information [here](#).

5 Third Sector Interfaces report

Voluntary Action Scotland has launched the second annual report looking at the impact of Scotland's 32 third sector interfaces. Entitled 'Supporting a Stronger Third Sector' it draws on the experiences of third sector interfaces and their service users to paint a clear picture of the role TSIs play in communities across Scotland.

More information [here](#).

6 Equality and Human Rights Commission: Discrimination Law in 2015

Discrimination continues to be the most dynamic part of our employment law. Each month brings new developments of practical importance for policies and procedures. No one who advises on employment law or equal opportunities can afford not to keep abreast of these vital changes.

These changes, and their practical implications, will be among the areas explored in detail at this major conference.

- 2014 was another year of major change for the world of discrimination law:
- The introduction of Tribunal fees for bringing a discrimination claim and taking it to a hearing has had a massive impact on the volume of claims. By the time of this conference, they should know the outcome of the judicial review challenging Tribunal fees.
- Mandatory early conciliation by ACAS of discrimination claims came into force.
- Employment Tribunals were given the power to impose pay audits on employers found to have discriminated because of gender in pay matters.
- Legislation was introduced stripping Employment Tribunals of their power to make wider action recommendations.

26th January 2015. £75 inc VAT. More [here](#).

7 Tobacco with Cannabis

This one-day course takes a brief look into the world of cannabis use in conjunction with tobacco smoking and considers different approaches to help clients make informed choices about changing health behaviours.

What you will learn:

- Links between cannabis and tobacco use
- Main types of cannabis and health effects
- Methods of use
- Discussing cannabis with clients
- Legal framework as applied to cannabis

When & Where:

The next delivery of this course is:

- Thursday 29th January 2015, 9.30am to 4.30pm
- The Teacher Building, St. Enoch Square, Glasgow
- The cost for the course is £95 per person
- Lunch is not provided

If you would like further information for either of these courses, or would like to book your place, then please contact Marion McGovern, Admin Coordinator – 0131 220 9461 or email: marion.mcgovern@ashscotland.org.uk.

8 Welfare Reform – Where are we now?

This is a one day fun, interactive and informative course, which provides delegates with an introduction to the current situation on the Welfare Reform, recent changes and what the future is set to be.

- Tuesday 27th January 2015, 10.00am – 3.00pm
- SCLD offices, Merchant Exchange, Glasgow.

In the afternoon, delegates will be shown how to do a benefits calculation, using Turn2Us online calculator. The calculator is simple and easy to use, and participants will be well informed to support others to do so.

The course covers:

- Employment Support Allowance
- Universal Credit
- Passported Benefits
- Personal Independence Payment (PIP)
- Assessment Process & Timescales

Cost: £100 per person. To book email john.s@scl.co.uk or call John Somerville at SCLD on 0141 559 5720 alternatively you can book online [here](#).

9 Right to reside and habitual residence

Those who advise European nationals about their benefit entitlement need to understand how the right to reside and habitual residence tests can be satisfied, and this also requires keeping up to date with legal developments.

This one-day course looks at the current operation of the right to reside and habitual residence tests within the benefit rules. The course covers how these tests are satisfied, and focuses on the main groups of European nationals, their family members and certain carers who have a right to reside.

The course covers:

- The factors that are relevant in establishing habitual residence
- The main residence rights of European nationals, including as workers, self-employed people, and those who retain these statuses, or have a permanent right of residency
- Who can derive residence rights as a family member or carer
- Significant developments in caselaw and legislation

Thursday 22 January 2015 (10am - 4pm). Course fee: £100 CAB, £120 voluntary organisations, £175 statutory/other organisations. More [here](#).

10 Community Growing Resource Pack, Scotland

A dozen steps for success. This pack is a comprehensive introduction to setting up, developing and sustaining a community-managed farm, garden or related community growing space.

View it [here](#).

11 The Impact of Welfare Reform in Scotland – Tracking Study

This Scottish Government report presents the findings from the first year of a study that aims to explore the impact of ongoing changes to the welfare system on a range of households in Scotland over time.

The study is concerned with those in receipt of working age benefits, and analyses the impact of the current benefit reforms and new rules.

This includes changes to:

- The uprating of benefits and tax credits and the introduction of a benefit cap
- Housing
- Benefit, e.g. the 'bedroom tax'
- Support for jobseekers and the replacement of disability benefits with Personal Independence Payments (PIP)

It makes a series of recommendations based on interviews with claimants. Read the report [here](#).

12 IACD flyer

The International Association for Community Development has a leaflet highlighting the work they do and encourages you to join their network of community development practitioners.

IACD supports agencies and practitioners to build the capacity of communities across the world and realise greater social and economic equality.

Visit IACD online [here](#).

13 Supporting recovery on a shoestring

Jennifer Trueland from the Scottish Recovery Network takes a look at the challenges facing community-based and peer-led initiatives that are helping to lead the way in Scotland towards delivering non-statutory recovery supports and services.

Read it [here](#).

14 Home not Housing at the Scottish Universities Institute

Home Not Housing was a knowledge mobilisation exercise that sought to explore shared understandings of home, neighbourhood and wellbeing. The event examined how these things are linked and how home and neighbourhood contribute to the emergent wellbeing agenda.

Read more [here](#).

15 A place of sanctuary - creating a fair and efficient asylum system

This paper from Centre Reform proposes a number of reforms that the next government should explore with the aim of ensuring the asylum system functions efficiently and fairly – and is responding to today's challenges not those of the previous decade.

Read the report [here](#).

Section 2

Events, Fairs, Community Days and Seminars

1 Northfield Community Centre: Saturday Drop-in / Christmas party event

Saturday drop-in for families who have children with additional support needs/disabilities and their siblings. For more information click on link below :



Family Drop-in flier
Northfield Community

2 CFHS Community cafe visits

Following the success of the first community café learning visit on 12 November, CFHS is planning to arrange more visits early next year.

More details will be available in their [January e-bulletin](#), or contact anne.gibson5@nhs.net.

3 Lothian & Borders CJA Learning and Innovation Workshop 19th February 2015

Would like to invite you to attend the next learning and innovation workshop which will take place on Thursday 19th February at Newbattle Abbey College, Midlothian. Coffee will be available from 10.00 am with the workshop starting at 10.30 am. Lunch will be provided afterwards at 1pm.

This workshop will focus on Young men leaving HMYOI Polmont: What works to prevent the cycle of re-offending?

We would like to open up the invitation to as many organisations across Lothian & Borders as possible, but we would ask you to email us if you would like to attend as we have a limit to the numbers we can accommodate. Please confirm your attendance with Andrea/Erica (amcja@scotborders.gov.uk) by 12th February.

Rob Strachan
Chief Officer
Lothian & Borders CJA
Office: 01721 726 314
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rscja@scotborders.gcsx.gov.uk
www.cjalb.co.uk

4 The Gathering 2015 - 25 & 26 February (Glasgow)

The Gathering is Scotland's largest conference and exhibition for charities, social enterprises and voluntary organisations.

Organisations are able to book their exhibition stands for the event next year.
More information [here](#).

5 Priorities for integrating health and social care in Scotland - 30 Apr 2015

Delegates at this conference will discuss what more needs to be done to meet the Scottish Government's 2020 vision of integrated health and social care - and the progress of integrating care services, including the amalgamation of health and social care budgets.

The seminar will also provide a timely opportunity to assess the on-going implementation of the Public Bodies (Joint Working) Scotland Act 2014 as integration goes live in local areas in April 2015.

Further sessions will consider the role of the third and independent sectors in the delivery of care, and the impact of the reforms on the health and care workforce.

More information [here](#).

6 Scottish Refugee Council

Scottish Refugee Council training provides information about the UK asylum process, including the difference between an asylum seeker and a refugee, asylum support, and rights and entitlements.

- 28 January 2015 in Glasgow (9.30 – 1.00)
- 6 May 2015 in Glasgow (9.30 – 1.00)

For information contact [Martha Harding](#) / 0141 223 7951 or click [here](#).

Section 3

Health Service / Statutory Agency / Government - documents and information

1 Smith Commission

Following the Smith Commission report, SCVO has outlined the responses and rated them against its recommendations, [saying](#) that the proposed powers are a "piecemeal package of powers that doesn't go far enough to fully tackle poverty & inequality".

The BBC has also outlined quotes from political and charity leaders [here](#).

You can read the summary [here](#).

2 New Health Cabinet Secretary Shona Robison

Following Nicola Sturgeon becoming First Minister and leader of the Scottish National Party, she has outlined her new cabinet and policy focus for the year. Shona Robison MSP has taken over as [Cabinet Secretary for Health, Wellbeing and Sport](#) from Alex Neil, who held the post since 2012. Mr Neil MSP takes up a new post as [Cabinet Secretary for Social Justice, Communities and Pensioners' Rights](#).

The role gives Ms Robison MSP responsibility over:

- National Health Service – acute and primary services, patient services, patient safety, medical records, quality strategy, dentistry, allied healthcare services, national service planning, NHS performance, NHS staff and pay.
- Health and wellbeing - public health, health protection, child and maternal health, health improvement, sexual health, problem alcohol use and recovery, healthy working lives, adult care and support, carers
- Sport – physical activity and securing the legacy of the 2014 Commonwealth Games.

More information [here](#).

3 Smoking levels all time low in Scotland

Less than one million adults now smoke in Scotland – the lowest level since before the Second World War.

Official figures revealed in the Scottish Health Survey 2013 show a significant drop in the percentage of adults reporting that they smoked – from 25% in 2012 to 21% in 2013.

More information [here](#).

4 Substance misuse at lowest levels

Smoking, alcohol and drug use among young people are at the lowest levels ever recorded, according to new figures published today.

The Scottish Schools Adolescent Lifestyle And Substance Use Survey (SALSUS) 2013 report provides trends on substance use and lifestyle issues among Scotland's young people.

The report, published by ISD Scotland, found that the proportion of 15 year olds who drank alcohol in the last week fell from 34 per cent in 2010 to 19 per cent in 2013 and for 13 year olds dropped from 14 per cent in 2010 to 4 per cent in 2013.

More information [here](#)

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More information [here](#).

7 LGBT Health news: latest Annual Report & new Strategic Plan and website launched

LGBT Health recently held its Information Fair and AGM where it reviewed this year's work, including its launch of LGBT Age in Glasgow and its new national helpline, among much else. They also announced the launch of their new website which, along with a new responsive design, highlights the activity of the organisation and the range of resources available. You can view their new website [here](#).

8 Public Health review announced

The Scottish Government has announced a review of public health services, beginning in December and due to report its first findings in the summer.

Michael Matheson, Minister for Public Health said that the changing nature of services and reforms should change the way public health policy is viewed, noting that "the great challenge for public health today is how can we be more effective in tackling health inequalities."

"Public health practice is still primarily focussed on prevention of disease and, of course, that work should continue. However, I want to see our efforts directed at a much wider remit, seeking to tackle the health inequalities that continue to plague Scottish society. This review will look at how we can best do that."

You can read the full press release [here](#).

9 Scottish Attitude to Mental Health survey

More than a quarter of people have experienced a mental health problem, and nearly half of people would not want other people to know if they had a mental health condition.

The findings are revealed in the Scottish Social Attitudes Survey, commissioned by the Scottish Government to find out how attitudes are changing over time. Other findings include:

- 85 per cent of people with a mental health condition have told someone about their condition. Usually this is a friend or family member (80 per cent). Much smaller proportions (less than 20 per cent) had told someone at work.
- 37 per cent have experienced negative social impact as a result of their mental health – an increase from 23 per cent in 2008.
- 65 per cent of people said they knew someone who had a mental health problem, a similar level to 2008.
- 22 per cent have avoided a social event because of how they feared they would be treated, and 13 per cent have been discouraged from attending by someone else.
- 22 per cent of people said they were not willing to interact with a person with schizophrenia

More information [here](#).

10 RCN: More should be done to tackle health inequalities

The Royal College of Nurses has said that more should be done to tackle health inequalities in the UK, with a YouGov survey showing that 62% of people in Scotland believe health inequalities are unfair.

The RCN says that more action to be taken and both an individual and community level to tackle inequalities, with Theresa Fyffe, Director of RCN Scotland saying:

"Instead of further discussion on the possible causes of health inequalities, action needs to be taken now to improve the health and lives of people living in Scotland's worst-off communities."

Sheila Cron, a recently retired nurse, said in the release:

"Those providing funding have to understand that community work has to come from the grassroots and these services have to do what the people using them want rather than what the funders want. Not only that, enough time has to be given for people to come on board and for the service to have an impact."

More [here](#).

11 Discretionary Housing Payments cap is lifted

Following the successful transfer of power to lift the cap on Discretionary Housing Payments (DHPs) in Scotland; the Deputy First Minister has signed an order to remove the cap completely; which came into effect in early December.

The Scottish Government is providing enough funding to fully mitigate the 'bedroom tax' throughout Scotland and is encouraging anyone who is affected by the 'bedroom tax' to make a DHP application, even if they have previously been refused.

More information [here](#).

12 Latest welfare reform news from Community Health Exchange :

With welfare reform continuing to dominate the headlines, CHEX brings you some of the latest news relating to welfare and community-led health:

- The Glasgow Centre for Population Health commissioned research into the effect of lone parents transferring from Income Support to Jobseeker's Allowance when their youngest child turns five years old as part of the benefit changes. Lone parents are facing challenges such as finding affordable childcare and working around childcare responsibilities. More [here](#).
- The Joint Improvement Team (JIT) newsletter highlights interesting work around RCOP, integration and other related issues. View it [here](#)
- Insecure, low-paid jobs are leaving record numbers of working families in poverty, with two-thirds of people who found work in the past year taking jobs for less than the living wage, according to the latest annual report from the Joseph Rowntree Foundation. More [here](#).
- The Scottish Communities Alliance has some useful links to reports, news and other activities. You can read the latest issue [here](#).

13 Edinburgh City Council Leaders report: Proposals for change

This month's Edinburgh City Council Leaders report describes, how it is essential that they transform how ECC deliver council services to an ever growing number of residents, focusing more on their priorities while addressing the significant financial challenges they face.

A further [report](#) from the Chief Executive makes the case for delivering services through four 'localities', or neighbourhoods, giving frontline staff the ability to make decisions more suited to the local community and their particular needs. It also outlines a proposal for creating a 'Business and Customer Services' corporate centre which would provide the necessary guidance and support.

Councillors will be asked to select one from three models outlined in the report, following which consultation with staff, Trades Unions and relevant partners will begin.

14 Community capacity building examples

Outside the Box are looking for examples of community capacity building with older people. Community capacity building is all the ways we increase what a community can do. Examples include:

- Raising awareness about issues and the contribution people and groups can make
- Involving more people
- Gaining more skills and experience
- Sharing what we have learned

- Can you tell them about work you are part of? Do you know of any good examples we could follow up?

Please email them on admin@otbds.org. For more information on what they are looking for click here. <http://www.wisdominpractice.org.uk/>.

15 Improving the Care Pathway for Callum - 14th January 2015

Please find attached at end of this message, a flyer for the second stakeholder event around the pathway for people like Callum that is planned for 14th January.

For those unfamiliar with Callum:

'NHS Lothian is developing a Strategic Plan for 2014- 2024. The plan sets out how NHSL will provide high quality care at all times, how it will adapt to a growing and ageing population, be more efficient and work more closely with other partners, including local authorities and the 3rd Sector.

The strategy is committed to ensuring that a patient's journey of care through the NHS and social care services is truly person centred. To help with this four people, representing people of different ages, lifestyle and backgrounds, have been formulated. They are Scott, Hannah, Callum and Sophie.'

For more information, contact :

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Strategic Programme Manager – Drugs, Alcohol, Sexual Health & BBV
NHS Lothian
Waverley Gate
2-4 Waterloo Place
Edinburgh
EH1 3EG
Mairi.Simpson@nhslothian.scot.nhs.uk
0131 465 5588



CALLUM Conference
14 Jan 2015 Flyer.doc

Section 4 Strategies, Consultations, Campaigns and Websites

1 Eat Better, Feel Better

The Scottish Government's Eat Better, Feel Better campaign is due to launch in January 2015, to inspire and support parents and families to make healthy changes to how they shop, cook and eat, with the aim of improving their health.

For more information about the campaign [here](#).

2 Share your views on Community Growing Plans as part of Community Empowerment (Scotland) Bill

The Scottish Parliament's [Local Government and Regeneration Committee](#) is examining the role of community gardens and allotments as part of the forthcoming Community Empowerment (Scotland) Bill. They have produced a video highlighting community allotments and growing and are looking for the views of those interested.

The video asks:

- What are the benefits for you of having access to an allotment?
- What other types of spaces in your community could be used to grow food and plants?
- How could a local council food growing plan assist you?

They ask for anyone interested to get in touch with their views, which you can do in a number of ways via post, email, phone and using social media.

More information [here](#).

3 Positive Action in Housing

An urgent appeal for financial donations to give direct humanitarian relief and protection for destitute people seeking asylum in Glasgow and elsewhere in Scotland. Over the next few weeks, Positive Action in Housing will be working to ensure that people who are destitute, or at risk of destitution, have access to basic survival essentials over the Winter holiday period.

Destitute asylum seekers are forbidden to seek work or access public funds or emergency homeless accommodation. Many have fallen into long term destitution and are part of Europe's invisible citizens.

More information [here](#).

4 Consultation on Proposals to Introduce a Statutory Duty of Candour for Health and Social Care Services

This consultation document invites views on the Scottish Government's proposals to introduce legislation that will require organisations providing health and social care to tell people if there has been an event involving them where physical or psychological harm has occurred as a result of care or treatment.

More information [here](#).

5 Glasgow launches major public survey on attitudes towards violence against women

The Glasgow Violence Against Women Partnership (GVAWP) has unveiled an ambitious public survey in a bid to eradicate violence against women in Glasgow.

More information [here](#).

6 What do you think of your National Human Rights Institution?

Do we meet the standard set by the United Nations? An international committee wants to hear your organisation's views.

More information [here](#)

7 Healthy Working Lives

How much is too much?

Christmas & New Year can be a great time to catch up with friends and family often focussed around food and drink, which is of course part of the festivities, but it's worth remembering the potential downsides.

Scotland's Drink Driving Law Changes

On Friday 5th December 2014 the drink driving laws changed so that the limit has been reduced to less than a glass of any kind of drink. Therefore the message is very much don't drink if you're driving to be safe.

Therefore why not plan your party season with other forms of transport: designate drivers, use public transport or taxis if you can and ensure you, your friends and family stay safe and on the right side of the law.

Thinking ahead to New Year's resolutions? Many people give up alcohol during January as a kick start to a healthy new year. There are lots of organisations that provide help / support this, including sponsorship: See '**Dryathlon**': <http://www.cancerresearchuk.org/support-us/find-an-event/charity-challenges/dryathlon> (Cancer Research UK) and '**Dry January**': <http://www.dryjanuary.org.uk/> (Campaign by Alcohol Concern)

7 tips to avoid overeating this Christmas

Christmas is the season for making merry, and with all that tempting food and drink being handed around; it's hard to avoid a little festive indulgence. From mince pies and chocolates, to mulled wine and champagne, everyone has a favourite seasonal treat – and as long as you enjoy these specialties in moderation, there's no harm done. However, there is a tipping point where indulgence turns into overindulgence – and that's when Christmas merrymaking can begin to have harmful effects on your health.

To help you enjoy the Christmas festivities without regretting your choices come January, click on the link below for a list of top tips for avoiding excess when it comes to eating and drinking this Christmas. Christmas overindulgence: How to avoid it:

http://blog.pruhealth.co.uk/christmas-overindulgence-how-to-avoid-it/?utm_source=newsletter&utm_medium=email&utm_campaign=ph-email

8 AL-ANON Confidential Helpline advertising poster

To view the attached poster, please click on link below :



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Section 5

Organisations, Groups, Networks and Charities - News and Information

1 Healthy Valleys project

Healthy Valleys project has produced a video for their [Grassroots Project](#), which offers free support to pregnant women and families with children under 5 in rural South Lanarkshire.

Focused on improving the health and wellbeing of parents and children, the project supports women and families in a range of ways: from making sure pregnant women get to all their essential ante-natal health care appointments, to encouraging and enabling families to eat healthier, exercise more and meeting other families.

The video highlights some of the volunteers, workers and people who are involved in the project, highlighting the importance of the service due to the highly rural nature of South Lanarkshire.

It's a great video and really shows how the project benefits parents and children. View it [here](#).

2 Scottish Mental Health Arts & Film Festival held in The Filmhouse

The highly commended entry, Sitar Rose's Tell Tale Signs, is a film remarkable for its honesty and courage in depicting a difficult subject.

Working in collaboration with Safe Space and Edinburgh University. It explores childhood sexual abuse and the challenges faced by victims when disclosing it to partners and professionals. In the documentary, the participants give first-hand accounts of their experiences, inspiring others to try and move on from what has happened.

In her speech, Rose credited the award to the participants in the film, many of whom joined her on stage to accept it. "Talking about the past [makes it] present again," she said. It was "very courageous" to take part in the documentary and to take the stage on the night.

View the film [here](#).

3 Fabb Flex Project – New Mentoring Group

Fabb Flex is a new mentoring group for young people aged 8 – 18 years old. This exciting new project starts in January 2015 and they are inviting young people interested to register now!

Fabb Flex assists young people with a disability or Autism to access leisure clubs and groups of their choice within Edinburgh. Initially participants will meet within a small group setting to get to know each other, exploring their interests and possible mainstream clubs and activities they may like to try. After 6 weeks in a group setting where they have a chance to meet other young people and a group of mentors, participants will be matched with a mentor who will prepare and support them into the leisure club or activity of their choice. The Mentor will slowly withdraw their support with the aim for the young person to continue attending independently. The project will give young people the chance to try something new, explore their interests and make new friends. We will also work closely with the clubs and organisations the young people are interested in to provide appropriate training and guidance.

A flyer is attached with further information.

Please circulate the above information amongst other colleagues, interested parents and young people.

Any questions at all or to request registration forms please do get in contact.

Kat Custard
Fabb Flex Project Coordinator
FABB Scotland
Norton Park
57 Albion Road
Edinburgh
EH7 5QY
0131 475 2313

Working days: Monday, Tuesday, Wednesday



Fabb Flex flyer 4.pdf

4 New website for Community Councils

As part of the Scottish Government's work in collaboration with COSLA to enhance the role of Community Councils, the Improvement Service has developed a Community Council website.

The purpose of the website is to:

- Raise awareness of Community Councils amongst the general public.
- Provide information on the role of a Community Councillor to potential candidates.
- Support new Community Councils/Councillors to access information to help in their work.
- Support Community Councils with good practice case studies.

This is the first time a national website has been developed in Scotland with a focus on Community Councils. It has been developed with feedback from Community Council Liaison Officers and Community Councillors.

The website contains sections specific to Community Councils such as the rights and responsibilities involved. It also contains plenty information that is useful to community groups more generally, such as information on community engagement, governance, using social media and links to further support.

Visit the website [here](#).

5 Food banks – emergency use only?

This new report from Child Poverty Action Group examines how "gaps in the social safety net are a key reason why people are turning to food banks" in the UK.

Jointly commissioned by CPAG, Oxfam, the Church of England and the Trussel Trust, the report found that predominantly food banks were a last-resort, short-term measure. In most cases a loss of income or benefits resulted in people needing to use food banks, especially after a sanction or a period where decisions on benefits were being awaited. The report also notes that:

"Many food bank users faced multiple challenges, including ill-health, relationship breakdown, mental health problems or substantial caring responsibilities. Many were unable to work or had recently lost their job. The frequency of bereavement among food bank users was also a striking feature of this research."

You can read more [here](#) and download the full report [here](#).

6 Food, Fuel & Finance - Tackling the Poverty Premium

This report presents findings from 'Closing the Gap in Scotland', a partnership between a number of organisations to explore solutions to the 'Poverty Premium'.

Church Action on Poverty and its partners notes:

"The Poverty Premium is the additional cost for essential goods and services accruing to people living in poverty as a result of their low incomes. It is estimated that the average annual Poverty Premium paid by low-income households is £1,280. Assuming that at least three million households are affected by the Poverty Premium, this amounts to a staggering £3.8 billion each year. In combination with stagnant incomes, low wages, falling benefit levels and rising prices, this is an expense that families in poverty cannot afford."

The three main areas where lower income households see these premiums are food, fuel and finance.

As part of this report, there was an event held on the 8 December which acted as a launch event for the report. The report is available [here](#).

7 British Liver Trust

Amy Caffrey has recently taken up the post of a support group facilitator for the area of Edinburgh and Lothian for the British liver trust. The trust is hoping to create support groups for people who are affected with liver illnesses whether it be a patient themselves or their family members.

Many people affected by a liver condition find it helpful to speak to others and share experiences. Meeting face to face can really help and the British Liver Trust facilitates a number of support groups across the UK and are now looking to expand and provide support groups for the residents of Scotland.

Do you think that this would be of interest to any of the people who use your services? Or know of anyone who would be interested in getting involved?

If you would like any more information, contact Amy Caffrey on the details below :

British Liver Trust

Telephone: 01425 481320

www.britishlivertrust.org.uk

2 Southampton Road, Ringwood BH24 1HY

8 New Recipe book 'Tried & Tasted In Broomhouse'

Broomhouse Health Strategy Group are very excited to announce the launch of their new Recipe book 'Tried & Tasted In Broomhouse' which features a selection of simple, low cost, family-friendly recipes we have tried & tasted in our community cooking sessions!

Everybody is welcome to join us for our all day launch event at our fruit & veg shop, 1 Broomhouse Market, EH11 3UU, on Tuesday 16th December 9am – 3:30pm. Find the event on facebook here:

<https://www.facebook.com/events/1589705494583644/>

People are invited to pop in at anytime on the day to sample some of the tasty recipes and pick up a copy of the recipe book for a donation of £1.

Please find attached a copy of our Xmas newsletter and the recipe book launch poster. I would very much appreciate it if you could circulate this info with your colleagues, contacts and service users.

Kirsty Reynolds
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Broomhouse Health Strategy Group
1 Broomhouse Market, Edinburgh, EH11 3UU

T: 0131 467 7678

E: kirsty@healthstrategygroup.org.uk



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Section 6 Funding Opportunities and Grants

1 Let's Get On Challenge Fund

This is a fund of £200,000 (per annum) aimed at groups and organisations that work closely with local communities, e.g. social clubs, sports clubs and arts /cultural organisations. It will enable them to digitise content, build digital networks and improve the digital skills of their members in order that they might continue to thrive in the digital world.

More [here](#).

2 Santander Foundation

The Foundation has three distinct grant programmes to help disadvantaged people in the UK:

- Community Plus – grants of up to £5,000 are awarded to local charities every month for specific items or costs to help disadvantaged people (apply via your local branch)
- Learn and Grow – grants of up to £10,000 are available to fund activities which help disadvantaged people to improve skills, build confidence or employability
- Money Skills – grants of up to £10,000 are available to charities and credit unions who want to help disadvantaged people to understand and manage their money

More [here](#).

3 National Strategy for Self-directed Support in Scotland: Building the capacity of Support and Information Organisations -“Support in the Right Direction” Fund

This fund is for projects which will help to develop and improve SDS support and information services over the next three years.

Deadline is 9/1/15. More [here](#).

4 Bank of Scotland Foundation – Large Grants Programme

This new programme will award grants from £50,000 to £100,000 over one or two years to charities registered in Scotland with OSCR. The Foundation particularly wishes to help with two key themes:

- Developing and improving communities
- Financial inclusion / financial literacy

Applications will be assessed on a number of criteria, including evidence of demonstrable need, sustainability, innovation and opportunities for Lloyds Banking Group Employee Volunteering.

Apply online or by hard copy application form (request one from the Bank of Scotland Foundation team on 0131 655 2599). All applicants will be contacted two weeks after the closing date. If your initial application is invited to the next stage you will then have four weeks to complete a full application form. Successful applications will be announced during June 2015.

Deadline: 27 February 2015 (initial applications).

More information on this and other funding is available on : www.bankofscotlandfoundation.org

5 Health and Social Care Alliance: 'Self-Management Impact Fund'

The fund is available to third sector organisations and partnerships looking to develop new project ideas that help people who live with long term conditions, to access the support they need to successfully manage their own life.

Deadline for the Funding is 19/12/14. More [here](#).

6 Funding Scotland

SCVO has launched a new website to help organisations find funding. Funding Scotland lists funders with a track record of supporting projects in Scotland. It includes grants, loans, prizes and other support.

Find out more [here](#).

7 Coalfields Community Investment Programme

The Coalfields Community Investment Programme supports activities delivered by community and voluntary organisations working in Scotland's coalfield communities. Investments can be capital and/or revenue awards between £500 and £10,000 for organisations operating in eligible coalfield areas.

The overall aim of the programme is to complement the new delivery activities of CRT in Scotland, investments will:

- Encourage community led capacity, innovation and service
- Create an environment in which people can participate and encourage local growth
- Support the community outcomes identified within the Coalfield Community Futures and Challenge Programmes
- Increase partnership between players which can act as a catalyst for leveraging in other funds

Find out more [here](#).

8 BBC Children in Need Grants Programme - Winter Deadlines

BBC Children in Need is currently accepting applications from not-for-profit organisations working with disadvantaged children and young people who are 18 years old and younger.

Registered charities, voluntary organisations, schools, churches and community interest groups can apply for either a Small Grant of up to £10,000 (for projects of one year) or a Main Grant exceeding £10,000 (for projects of up to three years). Projects must benefit children and young people (aged 18 years and younger) who are experiencing disadvantage

More information [here](#)

9 Allander Youth Activities Charitable Trust

This small trust makes grants totalling around £25,000 each year to support activities which advance the education and training of young people e.g. climbing, mountain biking, quad biking and trips to various places of interest as well as weekends away and overseas trips. The average grant is £400.

More [here](#).

10 Community Food Fund

The next round of the Community Food Fund closes for applications on Tuesday 16 December. The Fund, financed by the Scottish Government, has been created to celebrate local food and drink. It is looking for applications, including from community groups that aim to support the development of food trials or networks or establish local food drink events, including farmers' markets that celebrate and promote food and drink throughout the year.

The scheme is open to all eligible food and drink producer groups, networks and communities. Applicants can apply for up to £25,000 per submission round.

More details about the Community Food Fund can be found [here](#).

Section 7

Useful websites and contacts

NHS / City of Edinburgh Council / Scottish Government

1 NHS Lothian

www.nhslothian.scot.nhs.uk

NHS Lothian Headquarters: Waverley Gate, 2-4 Waterloo Place, Edinburgh EH1 3EG
Reception Telephone: 0131 465 5400

2 NHS Inform

NHS inform provides the public, patients and carers with a wide range of quality assured health information online at www.nhsinform.co.uk, over the telephone at **0800 22 44 88** (between 8am and 10pm)

3 NHS 24

NHS 24 provides comprehensive up to date health information and self care advice for people in Scotland. This is an on-line and telephone based service.

Telephone number : 111

Email: www.nhs24.com

4 The City of Edinburgh Council

www.edinburgh.gov.uk

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

For general enquires call our Customer Contact Centre: 0131 200 2300.

For a specific member of staff call Switchboard: 0131 200 2000

5 Neighbourhood Partnerships

<http://www.edinburghnp.org.uk/>

6 Neighbourhood Offices

City Centre	529 7061	East	529 3111
North	529 5050	South	529 5151
South West	527 3800	West	529 7440

7 Neighbourhood Partnership Website - 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.

8 Capital City Partnership (CCP)

The 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. Telephone: 0131 270 6040

www.capitalcitypartnership.org

www.joinedupforjobs.org.uk

9 Scottish Government (Publications) Online

www.scotland.gov.uk/Home

Then click on Publications

10 The Edinburgh Compact Online

Searchable database of local organisations.

www.edinburghcompact.org

11 Healthcare Improvement Scotland (HIS) – Publications

<http://www.healthcareimprovementscotland.org>

Then search on Publications QuickFind

Edinburgh Office

Gyle Square, 1 South Gyle Crescent, Edinburgh, EH12 9EB
Main Switchboard: 0131 275 6000

12 Mental Health Foundation

Committed to reducing the suffering caused by mental ill health and to help everyone lead mentally healthier lives.

Edinburgh Office, 18 Walker Street, Edinburgh EH3 7LP

Tel: 0131 243 3800

Website: <http://www.mentalhealth.org.uk/contact-us/>

'Like' us on Facebook and follow us on Twitter for up-to-date mental health news as well as exclusive tips on living a mentally healthier life.

13 Social Impact Scotland

<http://www.socialimpactscotland.org.uk>

14 Health in my language - Translated information about health and health services in Scotland

This website lets you find information about health related services in Scotland which has been translated into different languages. You will find information about health and health services.

Website: <http://www.healthinmylanguage.com/home.aspx>

15 Edspace - Edinburgh Mental Health Information for:

- People experiencing mental health difficulties
- Carers, family and friends of people experiencing mental health difficulties
- Employees of service providers across the statutory, voluntary and private sectors
- Anyone with an interest in mental health and wellbeing

Website: <http://www.edspace.org.uk/>

Information Resource Centre infoline: 0131 243 0106

16 The Scottish Health Council

The Scottish Health Council remit is to improve how the NHS in Scotland involves people in decisions about health services. There is a national office in Glasgow and a local office in each Board area. If you have any questions, or wish to find out more, please contact the local office.

Lothian Office

Pentland House, Ground Floor, 47 Robb's Loan, Edinburgh, EH14 1SQ

Tel: 0131 537 8545

Email: [✉susan.mclaren@scottishhealthcouncil.org](mailto:susan.mclaren@scottishhealthcouncil.org)

National Office

Scottish Health Council National Office, Delta House, 50 West Nile Street, Glasgow, G1 2NP

Telephone: 0141 241 6308

Text Phone: 0141 241 6316

Voluntary, Community Agencies and Partnerships

- 1** **LGBT Centre for Health and Well Being** offers events, support, news, courses, keep fit and well being. Visit www.lgbthealth.org.uk for information. Contact details. LGBT Health, 9 Howe Street, Edinburgh EH3 6TE. Telephone 0131 523 1100. Email admin@lgbthealth.org.uk
- 2** **Health All Round**
This organisation uses a holistic approach to provide services focusing on physical, social and emotional wellbeing. Website: www.healthallround.org.uk
- 3** **Volunteer Centre Edinburgh (VCE)**
Volunteer Centre Edinburgh exists to involve more people more effectively in volunteering to help to solve problems and enrich communities. We do this by leadership, brokerage and inclusion. See: <http://www.volunteeredinburgh.org.uk/about/mission>
- 4** **Scottish Council for Voluntary Organisations (SCVO)**
Mansfield Traquair Centre, Mansfield Place, Edinburgh EH3 6BB
Tel: 0131 556 3882 - Email: enquiries@scvo.org.uk
- 5** **Edinburgh Voluntary Organisations' Council – EVOC**
EVOC is a resource for the voluntary sector and sited within it. It is a local organisation, which helps to support, develop and promote the interests and work of voluntary and community organisations in Edinburgh. <http://www.evoc.org.uk/>

EVOC publishes a monthly ebulletin on the Edinburgh Compact website providing information to voluntary organisations in Edinburgh.
- 6** **Scottish Families Affected by Drugs**
www.sfad.org.uk
Free and confidential helpline: 08080 101011 (5.00pm to 11.00pm 7 days a week)
- 7** **Contact a Family Scotland**, Helping families who care for children with any disability or additional need

Craigmillar Social Enterprise & Arts Centre, 11 Harewood Road, Edinburgh EH16 4NT
Lesley Gray | Enquiries & Group Development Officer

Tel: 0131 659 2930: E-mail: lesley.gray@cafamily.org.uk:

Contact a Family - <http://www.cafamily.org.uk>
Freephone Helpline 0808 808 3555
- 8** **Alcohol Focus Scotland** - the national charity for alcohol issues. Keep up to date with the latest alcohol news and issues on the website –

www.alcohol-focus-scotland.org.uk
- 9** **New HIV Scotland website**
HIV Scotland's new website is www.hivscotland.com and contains information on HIV, the latest policy, practice and research developments and news of/links to services and events.

10 'Get On' – Learning, Volunteering, Training and Employment

'Get On Edinburgh links people up with the support they need to get on in life – whether they want to learn new skills, volunteer, or find a job. Make new contacts, gain new skills, and provide a better service. The network has 'Get On' information points across the City.

Telephone : 0131 529 6161

Information for this bulletin has been gathered from various NHS and non NHS publications, emails, newsletters, etc. The Edinburgh Community Health Partnership / NHS Lothian is not responsible for the content of non NHS sources or the information contained therein.

If you would like information about a course, event, website, etc. to be included in the ECHP Information Bulletin or if you would like to be added to the distribution list, please get in touch with the contact below.

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