

**Information Bulletin
Edinburgh city wide networks**

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Section 1

Classes, Courses, Workshops, Training, Support and Publications

1 Going Digital: Five lessons for charities developing technology-based innovations

This NESTA report explores the experiences of charities that have developed digital products and services and offers top tips for charities going down this route. It has found that:

- Digital technology presents a big opportunity for charities to increase their impact. However, it is an underutilised tool in the sector.
- Key issues charities face when developing digital technology include: staying focused on the end goal and not being distracted by the technology; the need for new skills; getting Trustee buy-in; bringing in the right support and partners; and planning the funding.
- To help overcome these issues, we need to share more examples of best-practice and create guidance to demystify digital; as well as creating new and complementary funding sources dedicated to charities developing such technology.

Read more [here](#).

2 The Growing Price Gap between More and Less Healthy Foods

Researchers have found healthier foods are now three times more expensive than their less healthy alternatives:

Since 2002, more healthy foods and beverages have been consistently more expensive than less healthy ones, with a growing gap between them. This trend is likely to make healthier diets less affordable over time, which may have implications for individual food security and population health, and it may exacerbate social inequalities in health. The novel data linkage employed here could be used as the basis for routine food price monitoring to inform public health policy.

More [here](#).

3 Lothian Education and Recovery Network

This organisation provides a range of courses and workshops on mental health and wellbeing that are free, recovery focussed and experience led across Lothian starting in October.

The various events and dates are available [here](#). More info [here](#).

4 Mental Health courses across the country (Various)

Mental Health First Aid - Armed Forces perspective course

This is a two-day intensive course suitable for both civilian and military communities.

- 14 and 21 November 2014 (both Fridays) in Glenrothes, Fife
- 25 and 26 November 2014 (Tuesday & Wednesday) in Edinburgh

Scottish Mental Health First Aid

This is a two-day intensive course suitable for anyone.

- 19 and 20 November 2014 (Wednesday and Thursday), in Rosyth, Dunfermline.

Free Laughter Yoga Taster Sessions

- There will be a laughter yoga twilight taster session in the Playfield Institute, Cupar, on Tuesday 18 November at 5pm.

Certified Laughter Yoga Leader Training

This is a two-day intensive course suitable for anyone

Course coming up in October and November as follows:

- 22 and 23 November 2014 (Saturday and Sunday), in Rosyth, Dunfermline.

Enquiries for all courses to Aiveen Ryan, phone 07796496322, email: highbrow.confidence@yahoo.co.uk.

5 Moving Minds Book

Moving Minds is an anthology of work from Gypsy/Travellers across Scotland. In an open, honest and often humorous way, contributors share their memories, poetry and photographs and reflect on the impact prejudice can have upon wellbeing.

More [here](#).

6 Health Promotion Service Training Programme

Courses coming up on the Health Promotion Service training programme include:

Understanding Health Promotion (21st January), Alcohol Brief Intervention (27th January), Understanding Health Inequalities (29th January), Health Behaviour Change (10th February & 24th March), Tobacco Prevention & Young People (24th February), Promoting Healthy Eating in Young Children and Families (26th February), SHARE (Sexual Health and Relationships Education) (26th & 27th February), SafeTALK (5th March), Providing Healthy Meals and Snacks in Childcare Establishments (17th March), Group Work Skills (18th & 19th March), Introduction to Sexual Health and Well Being (26th March).

For further information and to book a place please go to www.nhslothianhpstraining.com

7 Even it Up: Time to end extreme inequality

Economic inequality has reached extreme levels. From Ghana to Germany, Italy to Indonesia, the gap between rich and poor is widening. In 2013, seven out of 10 people lived in countries where economic inequality was worse than 30 years ago, and in 2014 Oxfam calculated that just 85 people owned as much wealth as the poorest half of humanity.

More [here](#)

8 An official statistics publication for Scotland

Scotland's Chief Statistician today announced the publication of the latest Long-term Monitoring of Health Inequalities: Headline Indicators report. The gap in health outcomes between the most deprived and least deprived areas of Scotland is reported for a variety of indicators in absolute and relative terms. The latest figures include data up to 2012.

Across the full range of indicators, relative inequalities have remained highest for the all-cause mortality, coronary heart disease mortality and alcohol-related indicators throughout the period covered by this report.

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

9 Community development in a different Scotland

The new regulations and guidance are both an opportunity and a challenge for Community Learning and Development (CLD) to be in the forefront of helping to shape the future for Scotland's communities.

This briefing from SCDC details how CLD can work to build on the grassroots community action seen during the recent Scottish independence debate and other changes in the policy landscape.

CLD guidance and regulations provide the needed permission and authority for those involved at all levels to step up to the plate and ensure that our most disadvantaged and excluded communities are supported to become engaged

and active.

You can download the briefing [here](#).

10 Mental Welfare Commission for Scotland annual report

This report details some of the work of this organisation, and details some of their work and experience in working with services around mental health.

You can read it [here](#).

11 Broomhouse Health Strategy Group – free Fitness for Women class

Please find attached our new flyer advertising our new term of 'Fitness for Women'

These sessions are open to all levels and are FREE!

We also offer a FREE crèche for under 5's!



new you.JPG

Section 2

Events, Fairs, Community Days and Seminars

1 Gilmerton Christmas Fair

A festive community celebration for all ages, on Saturday 22nd November 2014 2.30 -4.30 in Gilmerton Community Centre which includes community stalls, live music, crafts workshops, shiatsu massage, helping to make a bid Christmas decoration for the community centre and a Christmas light switch-on.

For more details contact : Pauline Fordyce | CLD Worker | Community Learning and Development | City of Edinburgh Council | Gilmerton Community Centre,4 Drum Street, Edinburgh, EH17 8QG

Tel: 0131 664 2220

Email: Pauline.fordyce@ea.edin.sch.uk:

Web: www.edinburgh.gov.uk

CLD Web: www.joininedinburgh.org

2 Health, wellbeing and your brain - 27 Nov

A healthy, connected brain is key to people's wellbeing, not least in later life. What influences the brain's development from the moment we are conceived? What role do our genes, environments and life chances play in determining how

resilient our brains are as we grow old? What are the consequences of an ageing brain for both individual and collective health as a society? Should policy makers and public services focused on older people's health and wellbeing pay more attention to children's early years?

Join the debate as we explore the questions at this year's Symposium:

- Keynote presentation: Healthy Cognitive Ageing | Professor Ian Deary FBA | Director of the Centre for Cognitive Ageing and Cognitive Epidemiology at the University of Edinburgh and co-Director of the Alzheimer Scotland Dementia Research Centre.
- A view from the children's sector | Jackie Brock | Chief Executive of Children in Scotland
- A view from the older people's sector | Maureen O'Neill | Director of Faith in Older People and Member of the European Economic and Social Committee
- Discussion and debate led by Symposium Chair| Shulah Allan | Non-executive Board Member of NHS Lothian, Vice Chair of Edinburgh Health and Social Care Partnership, Convenor of the Scottish Council for Voluntary Organisations

The event is open to VHS members and all third sector, community, statutory and academic bodies with an interest in health and social policy, research or service provision.

Register [here](#).

3 “The importance of being counted” – the role of diversity and additional needs data in addressing inequalities in healthcare services - 26 Nov

In an increasingly diverse society, people's health, healthcare needs, and experience of healthcare services can vary greatly – for example according to ethnic group. However, adequate collection of diversity and additional needs information has been lacking within healthcare services. This has prevented us from being able to assess inequalities between diverse groups, or design services to cater for people's diverse needs.

- Wednesday 26th November 2014, 13.00 – 14.30 (12.30 coffee; seminar starts 13.00 prompt)
- City Chambers, 253 High Street, Edinburgh EH1 1YJ

Nevertheless, within Scotland both research and service developments have begun to provide us with an insight into the influence of diversity on health – initially in relation to ethnicity, but with other diverse and additional need categories anticipated to follow. In this seminar we will outline these developments; examine the practical challenges posed for services; discuss findings arising from the collection of diversity information; and highlight future developments and the impact these may have for people with diverse needs.

More [here](#).

4 Further Devolution – What do women want? - 21 Nov

Scottish Women's Convention are holding this event which will combine speakers and small discussion tables.

- Friday 21st November, 10am-1pm
- Novotel, Pitt Street, Glasgow
- Lunch will be provided.

For further information contact Mary.Kerr@scottishwomensconvention.org.

5 We're Here Too! Older people who need more support taking part

We are running 4 events to bring people together and share experiences and ideas. The events are aimed at a range of people; care providers, groups and forums led by older people, public involvement leads in local authorities and NHS, staff with roles around Self Directed Support (SDS) and Reshaping Care for Older People (RCOP), and Community Planning aspects.

Events are being held at:

- Dundee - Monday 24th November
- Glasgow - Tuesday 2nd December

More information and booking [here](#).

6 Community Discussion: The Future of LGBT Equality in Scotland

With the general election ahead of us in 2015 and with the outcome of the Referendum decided, join us for this unique opportunity to explore what's next for the campaign for equality in Scotland.

- Wednesday 26th November, 6.30-9.30pm
- Eric Liddell Centre, 15 Morningside Rd, EH10 4DP

With guest speaker Tom French from the Equality Network and other special guests, this friendly, informal event will give you the chance to have your say on equality issues and hear what others hopes are for LGBT people in Scotland.

Booking Essential. Book online [here](#).

7 Autism 2014 conference - 27 Nov

This conference aims to provide you with knowledge updates, current information, best practice and practical strategies to help you best support children and young people with autism. As you will see from the programme, we have a great line up of speakers, hand picked for their expertise in autism and their ability to pass on their knowledge enthusiastically and inspire.

Some Great Reasons To Attend:

- Refresh and update your knowledge
- Hear and share practical strategies for supporting children and young people with autism

- Hear from and meet leading experts
- Learn from examples of best practice
- Debate and discuss hot topics
- Networking opportunities
- Certificates of Attendance

Who Should Attend?

The conference should be of interest to: education professionals from mainstream schools, special schools and local authorities; social workers and others from social care settings; voluntary and charity organisations; health care professionals. Others with an interest in this area are more than welcome to attend. More [here](#).

8 Glasgow Centre for Population Health Seminar Series 11

GCPH's Seminar Series, in collaboration with the IFF, creates a space in which participants are exposed to interesting and relevant ideas, encouraged to develop their thinking and increase dialogue across disciplines and sectors. The seminars over the past ten years have covered a broad range of issues such as; happiness, history, psychology, complexity, the environment and climate change, economics, philosophy, biology, epigenetics, lay knowledge and global health challenges among others.

In this, their eleventh series, and in line with the other activities to mark the tenth anniversary of the Centre, it seemed fitting that this series should include a look back at previous seminars or topics as well as retaining a futures perspective. The programme is outlined below:

'Nature, nurture and society'

- 26 November 2014
- Byron Vincent, Poet, Writer and Performer

'The economics of dignity'

- 23 January 2015
- Prof Marilyn Waring, Professor of Public Policy, AUT, New Zealand

'Land reform as an engine of economic progress'

- February 2015 (date tbc)
- Andy Wightman, Writer, Researcher and Commentator on land reform

'Historical dimensions of stress, balanced lifestyle and health'

- 5 March 2015
- Prof Mark Jackson, Centre for Medical History, University of Exeter

Biological effects of early years adversity

- 21 April 2015
- Prof Bruce McEwen, Professor of Neuroendocrinology, Rockefeller University, New York

More information [here](#).

9 Are Health Inequalities Declining in Europe? - and If Not, Why Not? - 18 Nov

Johan Mackenbach is Professor of Public Health and chair of the Department of Public Health at Erasmus MC, University Medical Center Rotterdam, the Netherlands. His research interests are in social epidemiology, medical demography, and health policy.

- Date: Tuesday 18 November 2014
- Time: 5.00-7.00pm
- Location: University of Edinburgh, Lecture Theatre 5, Appleton Tower, 11 Crichton St

He has (co-)authored more than 500 papers in international, peer-reviewed scientific journals, as well as a number of books. He is a former editor-in-chief of the European Journal of Public Health. He is actively engaged in exchanges between research and policy, among others as a member of the Health Council of the Netherlands and the Council for Public Health and Health Care. He is also a member of the Royal Netherlands Academy of Arts and Sciences, and honorary professor at the London School of Hygiene and Tropical Medicine.

This is a public lecture hosted by the Scottish Collaboration for Public Health Research & Policy and the Centre for Population Health Sciences.

More [here](#).

10 GCPH Seminar Series 11: Lecture 2 - Nature, nurture and society

In a powerful, personal talk, Byron Vincent tells the story of his own childhood on a troubled housing estate, of how his surroundings shaped him, and of the choices he felt forced to make. Faced with similar circumstances he asks who can say they would make different choices.

- Wednesday 26th November 2014, 4.30 pm – 6.00 pm
- CCA – Centre for Contemporary Arts, Glasgow

Byron explores the moral consequences of this for the rest of our society. Byron also has a dual diagnosis of bipolar disorder and Post Traumatic Stress Disorder and has spent most of his life as a patient of the Mental Health Service. He will be offering an honest account of his experiences, both as an out patient and resident in NHS psychiatric units.

More information [here](#).

11 Glasgow Disability Alliance Free Event: “Glasgow - Working for all?” - 26 Nov

GDA is supporting Glasgow City Council’s Review of Youth Employability Services. We are seeking to ensure that the voices and experiences of young disabled people inform the development of employability services in the city.

- Wednesday 26th Nov, 10am - 2pm
- Crowne Plaza Hotel

For more information or to book a space contact Brian Scott or Marianne Scobie at the GDA office: 0141 556 7103 or e-mail info@gdaonline.co.uk.

12 Community Food and Health Annual Conference 2014

CFHS welcomed nearly 200 people to their annual networking conference on 29 October in Glasgow this year.

The event had a full programme of lively table discussions, inspiring speakers and presenters, and much networking. CHEX attended and held a workshop on social media and found it to be a really useful and interesting conference, highlighting the importance of community food initiatives across the country.

You can view photos, presentations and more [here](#).

13 Amplifying our Voice Engagement Event - 25 Nov

In partnership with Perth and Kinross Association of Voluntary Services, 'Amplifying our Voice' will explore how to work with people with lived experience of managing long term conditions to enable transformational change in health and care services. This interactive event will help shape engagement of all at local and national level using an understanding of the three horizons approach developed by the International Futures Forum. More [here](#).

14 LGBT Health and Wellbeing Information Fair & AGM

LGBT Health are pleased to invite you to find out more about our services, talk with staff, and network with other professionals over light refreshments at the LGBT Health and Wellbeing Information Fair & AGM

- Tuesday 18th November 2014
- Serenity Café, The Tun, 8 Jackson’s Entry, EH8 8PJ

The day will be divided into three parts and you are welcome to attend part, or all, of the event:

- 3.00pm-5.00pm: Information Fair for professionals
- 5.00pm-6.30pm: Celebration
- 6.30pm-7.30pm: AGM

15 Community café learning visits

CFHS is planning to hold some community café learning visits before March next year. The first was held on 12 November, and will include visits to cafes in

Glasgow and Bellshill.

More information can be found on the CFHS website [here](#), or contact anne.gibson5@nhs.net.

16 What are your chances of living to 100? - 17 - 21 Nov

How do your early years, your family life, where you live, your lifestyle and your work affect these chances?

With one in three children born in 2014 expected to live to 100, these questions have never been more relevant. Using the latest iPad-technology, you can learn up-to-the-minute research findings via interactive games, quizzes, pictures, interviews and easy-to-understand graphs and texts.

Secondary school students and youth groups are encouraged to visit with supporting education materials available free of charge for teachers and group leaders to use in classrooms.

The exhibition is open to all and is free to attend and will be held in at Silverburn in Glasgow from the 17th - 21st November.

More [here](#).

Section 3

Health Service / Statutory Agency / Government - documents and information

1 Scottish Recovery Network (SRN) e-Update : promoting and supporting mental health recovery for students

Below is a summary of the news items (and links to full articles) from SRN's October eUpdate. In this special edition we're delighted to feature three articles by Laura Caven of NUS Scotland that take a look at the different ways in which the organisation and its partners are helping to promote and support mental health recovery for students.

the link to the full eUpdate <http://bit.ly/SRNnews10>

Mental Health Agreements: Helping students tackle stigma and discrimination

In the first of a specially commissioned series of articles looking at further education, mental health and recovery, NUS Scotland's Laura Caven introduces an initiative designed to help students tackle the stigma and discrimination attached to mental ill health and improve mental wellbeing <http://bit.ly/Zns6Zs>

Promoting student physical and mental health

In her second feature for SRN, Laura Caven looks at how Scottish education institutions are encouraged to promote good mental and physical health through a joint award scheme run with Scottish Student Sport <http://bit.ly/1szKVpo>

Promoting and supporting student mental health recovery

In the last of her three-part series specially written for SRN, Laura Caven takes a look at the range of projects and initiatives undertaken by NUS Scotland and partners to help promote and support good student mental health, wellbeing and recovery <http://bit.ly/1qRKf8n>

For further information, contact :
Christine Muir
Communications Officer
Scottish Recovery Network
0141 240 7790

3 NHS24 Networker

The Autumn edition of Networker brings you updates on the 111 contact number for NHS 24, the forthcoming Scottish Digital Health and Care Week and the latest news from Breathing Space.

We welcome all feedback and you can contact us on:
Networker@nhs24.scot.nhs.uk

The latest edition of Networker can be viewed at [Autumn edition](#)

4 Edinburgh's budget challenge

The Council is facing a budget challenge which affects how much money we have to invest in our services in the coming years. The amount of money we get from the Government and through Council Tax has remained about the same, yet it's costing us more money to run services and there are more people in the city needing our help.

We need to save £67 million from our budget over the next three years and still make sure we can provide the services that are important to the people of Edinburgh.

Play your part

Tell us where you would invest and where you would save money to balance the Council's budget. Please let us know your views by **19 December 2014**.

[Watch our short animated film](#) to find out more about the Council, the services we provide for the city and how you can have your say.

[Take the budget challenge](#) with the online budget planner and tell us what services you would spend or save money on in 2015 to 2018.

You can also comment on the 2015/16 budget proposals. [Take a look at the overview](#), or [download the full proposals](#).

Your feedback will help the Council to make its final budget decisions on 12

February 2015.

Find out more www.edinburgh.gov.uk/budget

5 More than 400,000 Scots workers paid less than the living wage

BBC news reports that more than 400,000 people in Scotland are earning less than the living wage, which was increased by 20p last week to £7.85 in Scotland. Most of these people are working in the retail, catering and care sector.

The director of the Poverty Alliance, Peter Kelly, said: "The living wage in Scotland is now gaining genuine momentum with employers - the number of employers paying it here has tripled from 20 to 60 in the last six months.

"But there is no room for complacency. Low pay and in-work poverty is one of the main causes of child poverty in Scotland, so we need to build on the good work that has already been done. Read more [here](#).

It's currently Living Wage Week across the UK, which you can read more about [here](#).

6 Ten years of the GCPH: the evidence and implications

Glasgow Centre for Population Health have produced an evidence narrative which provides an overview of the Centre's work from the past ten years and highlights the key implications for addressing health inequalities and improving health and wellbeing.

It is intended that this report will provide the basis for dialogue with their partners and networks, over the forthcoming year, about the evidence messages to date, the changing contexts in which they are operating and the further actions that are needed to improve health and address inequalities.

Read more [here](#).

7 Latest welfare reform news from Community Health Exchange

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

- Ian Duncan Smith gave evidence to the Commons work and pensions committee. You can read a record of that [here](#).

8 Child Poverty Action Group in Scotland

Has a useful newsletter which details some of the issues and work they're doing. They have detailed advice around benefits for claimants, as well as advice for organisations working around poverty issues. Newsletter [here](#), subscribe [here](#).

9 Community Food and Health survey

CFHS ask that any readers of their [Fare Choice](#) newsletter and monthly online e-bulletin that they fill in their survey to help improve and evaluate the publications.

The survey is available [here](#).

10 LGBT Health and Wellbeing Annual Feedback Survey

If you're involved in LGBT Health This survey is an opportunity to tell LGBT Health what you think they're doing well and what you think we could be doing better.

Whether you come to drop-in every week or have only emailed them once, they want to hear your thoughts on our services – they really value your input, and previous service evaluations have led to the creation of hugely popular activities such as LGBT Swimming and Just for Men.

You can view it [here](#).

11 Neighbourhood Partnerships

As Edinburgh's local expression for community planning, Neighbourhood Partnerships bring together the community, Police Scotland, the Scottish Fire and Rescue Service, NHS Lothian, the voluntary sector and elected members.

Over recent months, the 12 Neighbourhood Partnerships have been developing the new local community plans 2014-17. Informed by extensive face to face community engagement with over 7,500 citizens, the plans set out local priorities for each Neighbourhood Partnership.

Contributing to the delivery of the City Community Plan (SOA4), the local priorities cover a range of themes including health, transport, environment, community safety, children and older people. Over the next three years, Neighbourhood Partnerships will work to tackle these priorities.

The Neighbourhood Partnership's local community plans 2014-17 are now available to view online at www.edinburghnp.org.uk.

If you have any comments or feedback you can get in touch by emailing neighbourhood.partnerships@edinburgh.gov.uk or tweet us your views @Edin_NPs.

Section 4

Strategies, Consultations, Campaigns and Websites

1 STROKE? Think FAST and save a life

Stroke affects over 12,000 Scots each year, killing many and leaving the majority of survivors with physical disability. It is a medical emergency and although it's more common in older people it can affect people of any age.

NHS Lothian's FAST campaign in October/November 2014 aims to increase people's awareness of stroke symptoms and the need to seek urgent emergency care by dialling 999. Early treatment can be given which will prevent further damage to the brain.

We'll be circulating the FAST cards to all community pharmacists and you'll hear a FAST message on Radio Forth in early October. A Smartphone app has also been developed for iPhone and Android and is available in [iPhone Store](#) and [Google Play](#) (search for "fast test").

2 International Day of Disabled People - 3 December 2014

This year the International Day of Disabled People will focus on the role of technology in:

- Disaster Risk Reduction and Emergency Responses
- Creating Enabling Working Environments
- Disability-Inclusive Sustainable Development Goals

More information [here](#).

3 Scottish Association for Mental Health (SAMH) launch new campaign: 'Standing Together for Mental Health'

The campaign will focus on three main issues: The high volume of GP appointments relating to a mental health issue; Scotland's suicide rate; The significant numbers of people with mental health problems who are unemployed.

More [here](#).

4 Keep Volunteering Voluntary

This campaign seeks organisations to commit to ensuring that volunteering means "people independently choosing to give their time freely to help others and make the world a better place" versus workfare schemes where unemployed people are told to attend or face sanctions.

Almost 500 organisations across the UK have signed up so far. This week saw a story in the national media which is related to this campaign, which you can read [here](#).

More information [here](#).

5 The Commission on Housing and Wellbeing

The Commission has been charged with considering the relationship between housing and wellbeing for the people of Scotland in the second decade of the 21st century. It has also been asked to consider and recommend national housing priorities and policies to foster and sustain wellbeing for all the people of Scotland.

Their previous work offers an initial assessment of the importance of housing

for general wellbeing in Scotland as well as some of the early ideas for what more might be done to help improve housing conditions and generate enhanced wellbeing in the future.

They are requesting views on their initial ideas from anyone with relevant knowledge, expertise or experience and welcome input from organisations and individuals alike.

You can submit online [here](#). The consultation closes at 12:00 on Friday 28th November 2014. Supporting materials [here](#).

6 New text service from Update Disability Info

Update Disability Information Scotland have launched a new helpline text service. The SMS text service lets people send a text message to Update, where it will be passed directly to the helpline team. The text message is charged at standard network rates.

The new service aims to provide a quicker, easier and low cost way to get in touch, as well as enabling us to provide a call back service for people who request one.

UPDATE's helpline team provides information on a wide range of topics; from disability benefits to sourcing equipment, as well as providing you with information on help and support in your own area. Access to our helpline service is available to all: disabled people, carers, professionals, disability organisations and anyone with an interest in disability issues.

Text us today on 07624 806 116 or visit www.update.org.uk.

7 Joseph Rowntree Foundation web-native report on poverty

This [JRF report highlights](#) the case for tackling poverty and suggested policy options available to governments. An interesting report that goes into some detail around the issues related to poverty and why it's increasing in the UK.

However, for the purposes of this section, it highlights also the interesting use of web-native design to create a report that is more accessible and easily shared, features lots of links, embedded tweets and large images.

It's also responsively designed, meaning it resizes to all devices so it can be viewed on mobile and tablets, desktop without any change to content or underlying web code (you can resize your browser window to a phone size to see it in action).

An interesting way to move away from the usual PDF report to make something that fits with the online format it's presented on.

Read the report [here](#).

8 Campaign launched to tackle mental health stigma

See Me have re-launched their campaign to end mental health discrimination in Scotland.

Judith Robertson, See Me Programme Director, said: "Today we are launching

a campaign which signals the end of a culture in Scotland that actively discriminates against people with mental health problems, stigmatising them and their families.

“Everyone has mental health and we can all be hit by mental ill-health. But we each have the power to make a positive difference in the lives of our families, friends and colleagues when they are affected by mental health problems.”

Read more [here](#).

Section 5 Organisations, Groups, Networks and Charities - News and Information

1 Home Link Family Support

Home Link Family Support provides trained volunteers to visit families with pre-school children, at home, to offer emotional and practical support.

They work in South Edinburgh and Midlothian and provide Ante-natal Befrienders for families expecting a baby which is at risk of being accommodated. In Midlothian they have a Therapeutic Family Service working with families with children up to age 18.

They are recruiting for new volunteers and hold volunteer training sessions 4 times a year.

For more information :

Telephone : 0131 661 0890

Email: info@homelinkfamilysupport.org

Website: www.Homelinkfamilysupport.org

2 Launch of the Digitally Agile National Principles

The Digitally Agile National Principles are a national framework of guiding principles for the use of digital technology and social media in Community Learning and Development.

These are a key output of the third Digitally Agile Principles phase of the Digitally Agile CLD project delivered by YouthLink Scotland, Scottish Community Development Centre and Learning Link Scotland, supported by Education Scotland. They are intended to support CLD teams and organisations to create an empowering environment to use digital technologies and social media as part of their practice; effectively, safely and creatively.

Have a look on the Digitally Agile website, discuss them in your organisation and get in touch with the Digitally Agile CLD project to sign up. It would also be helpful to know how you plan to use them in your own work setting. Visit www.digitallyagileclld.org, see [@DigitallyAgile](https://twitter.com/DigitallyAgile) on Twitter or contact Liz Green or 0131 313 2488.

Alternatively, contact Andrew Paterson at SCDC on 0141 222 4837.

Section 6 Funding Opportunities and Grants

1 **Edinburgh & Lothians Health Foundation Grants Programme**

The Edinburgh & Lothians Health Foundation (ELHF) is launching its 2015/16 annual Grants Programme on 1 October, with a grant fund designed to create “a healthier future for the people of Scotland.”

The Foundation’s Trustees are once again inviting proposals which will improve the health of people living in the Lothian’s and particularly encourage applications for projects that demonstrate partnership working with the 3rd sector.

Grants, made possible through the generosity of donors over many decades, will be available to successful applicants from April 2015. The Foundation has specific funding exclusions, full details of which can be found on the website.

Further information on ELHF, details of the Grants Programme and how to apply are available at www.elhf.co.uk. The closing date for funding applications for the 2015/16 Grants Programme is Friday 12 December 2014.

2 **Self Management IMPACT Fund**

Round Four of the Self Management IMPACT Fund is now open for applications; deadline for submissions is Friday 19th December 2014.

Grants are available to support the development or strengthening of new ideas as well as existing approaches to self management. Full details including guidance notes, eligibility and criteria for the fund can be found on the Self Management IMPACT Fund webpage where an application pack can also be downloaded.

More information [here](#) or for pre application support contact Kevin Geddes, Director of Development and Improvement (kevin.geddes@alliance-scotland.org.uk) or Emma Goodlad, Grants and Impact Officer (Emma.goodlad@alliance-scotland.org.uk) Tel: 0141 4040231

3 **Young Roots Programme**

The Young Roots programme is for projects that engage young people, aged 11 to 25, with heritage in the UK. You can apply for a grant of more than £10,000 and up to £50,000. Young Roots will fund partnerships of heritage and youth organisations to help young people shape and deliver their own projects in safe environments.

For further information and application form please visit their website [here](#).

4 **Pilgrim Trust**

The trustees fund social welfare and preservation/scholarship projects

throughout the UK, awarding small grants of up to £5,000 and main grants of over £5,000.

Under social welfare, they no longer consider applications from projects aimed at people who misuse drugs and alcohol but continue to fund projects that seek to reduce the use of custody for women and those that seek to support and reintegrate women who are leaving custody. You can apply at any time.

Click [here](#) for further information.

5 Young Scot – Time to Shine Fund

Groups of two or more young people (majority should be aged 14-20) can apply for up to £750 to develop skills within the creative industry. Deadline is 7th December 2014

More information [here](#).

6 Royal Horticultural Society (RHS) – Scotland Community Fund 2014

Funds are available to support Scottish groups to start (max £300) or develop (max £3,000) gardening projects within their local community. Last year, the scheme awarded £30,000 to 17 projects. Deadline is 8th December 2014.

More information [here](#).

7 Digital Participation: Challenge Fund

This is a fund of £200,000 (per annum) aimed at groups and organisations that work closely with local communities. 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.

The focus is smaller scale awards to support activity that will generate valuable learning for future activity. It is anticipated at this stage that awards will range from £200 to £10,000. Awards over £10,000 will only be made where the applicant had proposed an exceptional project.

- Call 1: Deadline for applications Friday 14 November 2014
- Call 2: Deadline for applications Friday 13 February 2015

Full details [here](#).

8 Community Grants Scheme

Using proceeds from the single use carrier bag charge collected by Tesco, grants fixed at £250 will soon be available to local groups, to make small improvements to their local environment, bringing people together and raising a smile.

Criteria:

- Local action to improve the local environment
- Delivered in an environmentally sustainable manner
- Involves and benefits the community
- Volunteer led

Eligible applicants:

- Local neighbourhood/ friendship groups
- Local volunteer groups
- Not for profit organisations and groups
- including schools

Applications open 20th November 2014. More [here](#).

9 Scottish Government's Equality Unit: Equality Fund 2015 – 2016

The Equality Fund is open to applications from voluntary organisations that are registered with OSCR or organisations who are working towards becoming an incorporated body, and who work across the protected characteristics: age, disability, gender reassignment, race, religion, sex and sexual orientation. The Fund is worth up to £3 million and there is no upper limit on the amount that can be applied for.

The deadline for applications is 5pm on the 5 December 2014. More [here](#).

Section 7

Useful websites and contacts

NHS / City of Edinburgh Council / Scottish Government

1 NHS Lothian

www.nhslotthian.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) and in the future, face to face.

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

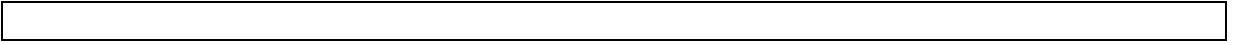
Email: ✉ susan.mclaren@scottishhealthcouncil.org

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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