Welcome from the Chair of South Lanarkshire’s Community Learning and Development Partnership. Councillor Brian McKenna pictured above.

Welcome to the 4th edition of the Community Learning and Development (CLD) Partnership newsletter.

I am aware it’s been a busy time for all the partners involved in the consultations and, as a result, we now have our first statutory Community Learning and Development Partnership Plan. We also have our Partnership Action Plan which we will update and report on annually.

This edition has a focus on partnership and highlights various projects that happen as a result of groups and agencies, across the sectors, sharing their resources and experience as they work together for the benefit of the communities.

Your comments on the content of the newsletter have been very encouraging but we want to hear from a wider range of groups to ensure that the content of the newsletter reflects what you want to read. For this purpose, a link to a short questionnaire is shown on the back cover.

Sharing what we do is so important, and, once again a big thanks to all who have done so in this partnership newsletter.
We are pleased to inform you that the above strategy is agreed and signed off. Our thanks and gratitude goes to everyone that has given of their time in getting the 3 year plan to fruition.

The Plan presents the CLD Partnership’s vision of “empowering people, individually and collectively to make positive changes in their lives and in their communities through participation in community life and learning activity” and embodies the aims of the CLD Regulations (2013) as well as South Lanarkshire’s Single Outcome Agreement.

The agreed priority themes are:

- Learners (youth, adults, families and older people)
- Health and wellbeing
- Tackling disadvantage and deprivation
- Employability
- Community engagement, capacity building and volunteering
- Workforce development.

In taking forward the Plan, the Locality Action Planning Groups are tasked with embedding the strategic plan in the communities that they work in. Through this process, plans will reflect the needs of local communities in relation to the Strategic Plan and ensure that everyone that can be involved taking forward the 3 year plan will be involved.

The plan is currently being created as a paper document and will also be available online through the CLD Partnership website.

For more information contact:
Frank Thomson
Phone: 01698 454337 or
Email: frank.thomson@southlanarkshire.gov.uk

South Lanarkshire CLD Strategy and Action Plan 2015 – 2018

Celebrating Success

Every year many young people participate in the Duke of Edinburgh Awards. Last year 118 Bronze, 50 Silver and 12 Gold awards were completed across South Lanarkshire. Awards were gained by young people from Hamilton, Cambuslang and East Kilbride Universal Connections and Youth Learning Service projects, including H2O. South Lanarkshire schools successful in completion of awards were Duncannig Secondary, Hamilton Grammar, Larkhall Academy, Strathaven Academy and Stonelaw High schools. Hamilton Information Project for Youth (HIPY) and Fernhill School also had successful completions.

Eighty of those participants received their award at South Lanarkshire’s annual Award ceremony held earlier in the year in The Town House, Hamilton. Awards were presented by Provost Eileen Logan, Councillors Davie McLachlan, Brian McKenna and Catherine McClaymont and Alex Cummings, Assistant Director, DofE Scotland.

The 2015 expedition season is well under way! With over 30 expeditions planned so far and approximately 330 young people taking part across South Lanarkshire’s DofE groups. The DofE support team are also offering a bronze canoe expedition as an alternative this year. Eight bronze participants had to successfully complete a training programme at Pinkston water sports facility in Glasgow before undertaking their expedition.

For more information contact:
Max Twomey at East Kilbride Universal Connections on 01355 221829
Health Issues in the Community (HIIC)
Adults and Young People

HIIC is founded on Asset Based Community Development and engages individuals and communities in identifying individuals and groups who have the capacity to deliver sustainable community development which is evaluated by CHEX (Community Health Exchange).

The aims of HIIC are to:

1. Support partnership and co-production across communities enabling them to identify need and find resolutions to health issues within their community
2. Inform and consult with local young people in communities about how their views can influence health in their local community
3. Through supporting raising attainment for all children and young people they are given the opportunity to improve life chances, allowing them to realise their full potential in all areas of their lives
4. Encourage young people to become involved in Health Issues in the Community to provide them with the skills and knowledge which will support healthier life choices
5. Address Health Inequalities identified by participants and make schools the best place for all young people to grow up in
6. Using Health Issues in the Community programme as the tool to identify lived experiences and public perspective will lead to sustainable local community capacity and involvement and strengthened social capital.

Through involving people in the programme, communities and local organisations will have the capacity to deliver sustainable development and solutions building a needs led civic society with increased democratic engagement leading to minimising health inequalities within their community.

For more information contact:
Kathleen Walker, Health Improvement Practitioner. Phone: 01698 723225

Launch of Young Person’s Sexual Health Service

For several years the Young Person’s Sexual Health Service was hosted by Universal Connections and has now moved to Lanark Health Centre on Tuesdays from 5.45pm – 7.30pm. No appointment is necessary, and with the move to health centre premises the clinic can provide an enhanced range of services to young people up to the age of 20.

All Young Person’s Sexual Health Services are staffed by NHS Lanarkshire nurses who are fully trained in sexual health, and work with young people in a range of settings.

Young people can access:
- Information on all sexual health issues
- STI screening
- Pregnancy testing
- Contraception
- Free condoms
- Referral to other services

Although all sexual health services are confidential, young people aged under 16 will be made aware of the Confidentiality Policy.

More information on all sexual health issues and services can be found on www.lanarkshiresexualhealth.org

For Information, advice or appointments call 0300 303 0251
Building Communities from the Inside Out is an innovative community capacity building programme aimed at improving outcomes for individuals, families and communities in South Lanarkshire’s top 5% most deprived areas. Targeted capacity building work is currently being delivered in eight neighbourhoods including Burnhill, Fairhill, Hillhouse, High Blantyre, Springhall, Strutherhill, Whitlawburn and Westburn. This work is funded by SLC’s Tackling Poverty fund and has been developed in partnership with Community Links South Lanarkshire, HealthynHappy Development Trust and a whole range of partners and stakeholders.

Capacity building is not new but what makes this approach different is the emphasis placed on relationships and partnerships. Community dialogue and an asset based approach are being used to engage and involve residents in identifying local priorities and areas for actions; this in turn promotes community capacity, connectedness and social capital. This work is very localised, targeted and community led. Success relies on focusing on solutions rather than problems, assets rather than deficits, and building effective partnerships and connections between local residents and those delivering services. The aim is to build a better balance between service delivery and community building fostering equal and reciprocal relationships with communities, professionals and others to bring about positive change. Outcomes established at the onset of the community capacity building work include:

- Improved community spirit, community capacity, community cohesion and involvement
- Increased volunteering
- Improved awareness and access to services
- Improved partnerships and connections
- Greater community influence and involvement in setting priorities and decision making.

Taking a targeted approach and concentrating on clearly defined neighbourhoods has had many benefits - barriers to participation and engagement have been easier to identify and address, issues and solutions are more manageable and successes and positive change are easier to link to local people, local staff and services.

Partnership working continues to be a key feature of the work as well as the building and strengthening and existing networks and infrastructures. Improved community involvement has helped complement mainstream services and increased participation has provided new ways of challenging poverty and inequality.

The ultimate changes sought from the community capacity building are in quality of life issues such as health and wellbeing, jobs, education, aspirations and prospects.
So what does success look like? A whole range of neighbourhood based community led initiatives have been developed, including community hubs and community cafes. Agencies, organisations and communities have been working together to provide locally based and co-located services in response to local need. New community led groups and activities have been established and local people have participated in training and learning opportunities to help sustain activities in the long term.

Pictured are Kenny Steven and Jane Horn from HealthynHappy Development Trust who support the capacity building in Whitelawburn, Burnhill and Springhall and Liz Jamieson and Karen Hannigan from Community Links South Lanarkshire who work the Westburn, Fairhill Hillhouse, High Blantyre and Strutherhill communities. Anne Hopkins Simpson from SLC Tackling Poverty Team is very positive about the community capacity building work and the impact it is having.

“I have been involved in the capacity building work for over five years. It’s fair to say that there has been a significant increase in community participation, involvement and local decision making. In each of the 8 target areas, the engagement process started with community dialogue, doorstep conversations with residents and having been given the opportunity to share their views and identify priorities local people have come together, worked together, and become actively involved in bringing about positive changes in their neighbourhood. The use of an asset based approach to community building is all about recognising, releasing and realising local people’s skills, knowledge, lived experience and potential.”

To find out more about this work and the approach being used, please contact:

Anne Hopkins Simpson
anne.hopkins-simpson@southlanarkshire.gov.uk

Rebecca Haack
rebecca@healthynhappy.org.uk

Morag Pinion
morag@communitylinkssl.co.uk

Volunteers’ Week 2015

The enormous contribution that volunteers make to life in local communities was recognised at ceremonies across South Lanarkshire to mark National Volunteers’ Week 2015.

Events hosted by community groups took place in Hamilton, East Kilbride, Forth, Strathaven, Cambuslang, Rutherglen, Wiston, Uddingston, Blantyre and Larkhall. These events were an opportunity to thank volunteers for their hard work and compassion, emphasising how fundamental they are to making vital services possible.

Signifying that volunteers are the roots and branches of the local third sector, each event involved the presentation of a ceremonial rosebush, officially named ‘South Lanarkshire Volunteers’, which were planted as a constant reminder of the part volunteers play.

Attracting volunteers from a number of diverse organisations the events acted as a reminder of the vast contribution made by the thousands of volunteers across South Lanarkshire on a daily basis.

Councillor John McNamee, who attended the Blantyre rose-planting ceremony, was fulsome in his praise of volunteers:

“The work of volunteers in our community often goes unrecognised. In my view they should be celebrated, and held up as the pinnacle of a caring and sharing society - an enduring example to all of us in South Lanarkshire who aspire to make a better world through the acts of kindness and compassion.”

“Just like the rosebush, volunteers grow and blossom from their varied experiences in helping others, and many attain a sense of well-being and respect that can only be achieved by being truly selfless.”

VASLan Development Officer Fiona Dryburgh said: “These events were a fantastic opportunity to say a huge thank you to the volunteers across South Lanarkshire who each day work to make a difference and improve life in our communities.”

For more information contact:
Fiona at VASLAN
Phone: 01698 300390
A Very Successful Learner: Christine’s Story

Christine’s Journey

Every year the Scottish Book Trust (SBT) encourages ordinary Scots to hone their writing skills by submitting a piece on a given theme to be published on their website.

Blantyre literacy student Christine McCafferty rose to the challenge and wrote an article on this year’s theme of Journeys. Christine described how when she started her literacy class she was only able to write in capital letters. She went on to explain how handwriting lessons helped her develop an artistic, cursive handwriting style, one that is much more attractive and sophisticated than that of her tutor.

To showcase the end result, she opted to post a handwritten entry to the SBT rather than inputting it online, hoping that it would be scanned onto the website.

If you want to see how the SBT dealt with her contribution just look it up in the Journey section of their website: www.scottishbooktrust.com (under her name or the title: ‘From Embarrassment to Pride’) where you’ll also be able to see hundreds of entertaining entries from every ‘airt and pairt’ of Scotland.

For more information about literacy and numeracy classes in the Blantyre and Hamilton area please contact Community Learning and Home School Partnership on 01698 452154.

Blooming Marvellous Clyde and Avon Valleys

The sun may have been patchy this summer, but we’ve not let that stop us from having a bumper summer of fun here in the Clyde and Avon valleys, and there’s plenty more to come.

The Lanarkshire Songwriters have begun recording oral histories for ‘Fruits of Their Labours.’ The project collects memories from people connected to the Clyde Valley’s market gardening past and will use them as inspiration for new songs that will be written and performed with local schools. Follow the Songwriters on Facebook or contact Billy Stewart if you have a memory you’d like to share at: billy.garriongill@gmail.com

For more events throughout the year, go to www.clydeandavonvalley.org/events
World of Work is a part of Lanarkshire Association for Mental Health (LAMH) and was set up, in 1999, to help people throughout South Lanarkshire experiencing mental health problems, to break down the barriers that they face when seeking employment and further education.

The service offers users the opportunity to advance their work related skills, either through voluntary work, training or education. Realistic goals are set with the help of World of Work’s support workers and individuals using the service are encouraged to work at their own pace in order to achieve them. Regular reviews take place to monitor progress and to plan for the next step on the road to recovery.

Some of those involved with World of Work volunteer in the LAMH charity shop located on Cadzow Street in Hamilton.

The shop provides a variety of goods ranging from clothing to ornamental household goods all competitively priced. The shop relies heavily on donations from the general public.

The LAMH Information Point is also located within the shop, and is operated by volunteers, usually associated with the World of Work service. The Information Point provides information on mental health related matters as well as general well-being. It can be accessed either by telephone, email or by visiting the shop in person on Cadzow Street. It is a great resource for those experiencing or affected by mental health related issues but is very much still in its infancy, only opening for business in September 2014. It is hoped that the service will encourage individuals to come forward and speak about their difficulties, thus helping to break down the stigma that is often associated with mental ill health.

Additional Information/contact numbers

**World of Work**
Phone: 01698 201020
Email: wow@lamh.org.uk
Weekdays 9:00am to 4:30pm

**LAMH Information**
Phone: 0300 3000 133
Line
Email: infoline@lamh.org.uk
Weekdays 10:00am to 2:00pm

**Charity Shop**
Phone: 01698 284233
17-19 Cadzow Street, Hamilton
Making Fathers Figure in the Early Years
Giving children the best possible start

Over 50 representatives from Health, Education, Social Services and the Third Sector enjoyed a stimulating and thought provoking day at the Making Fathers Figure in the Early Years Event in South Lanarkshire Council’s Banqueting Hall earlier in the year.

The event aimed to engage, enthuse and challenge participants about the importance of engaging fathers in Early Years services and establishments for the benefit of children.

To make sure that as many people as possible could participate the event was split into two half day sessions which could be booked separately or as a full day event.

The morning session aimed to provide information and practical examples and experiences emerging from the Making Fathers Figure Pioneer Project as well as an overview as to the embedding of practice lessons in policy and planning.

The afternoon was an opportunity to explore how learning from the morning session could be transferred services/practice/policy through an interactive workshop led by Roger Olley MBE, one of the UK’s most prominent experts on engaging fathers.

Feedback from participants noted that the event had challenged their custom and practice in engaging families and particularly fathers in their establishments and services.

“The event gave the opportunity to network, share experiences and information; very stimulating and positive for future projects.”

“Lots to think about in relation to the services I manage - will take this back to the team.”

Organisers of the event will follow up with participants in the coming months to monitor its impact.

For more information about the Making Fathers Figure Project contact:
Fiona Robertson
Phone: 01698 452214
Email: fiona.robertson@southlanarkshire.gov.uk

You and Your Child: Blackwood Primary School
Delivered by Carol Strom (Blackwood Nursery) and Evelyn McGonagle (CL&HSP)

This 12-week course was completed by 11 parents/carers and was jointly funded by the Clydesdale/Larkhall Community Learning and Home School Partnership Service and Blackwood Primary School.

Learners now have an increased understanding of the value of play, are confident in how they can support their child’s learning/development and have an increased awareness of the GIRFEC language and the 4 key capacities of Curriculum for Excellence. Parents/carers have developed very positive relationships with staff and each other. They have benefited greatly from this nurturing setting.

Additional opportunities were provided with 6 accessing the International Women’s Day event at South Lanarkshire College. 11 learners and 14 children also participated in a Parent and Child play session and all learners have been provided with one-to-one feedback regarding their learning journey.

For more information please contact:
Evelyn McGonagle
Phone: 01698 452501
Email: gw09mcgonagleevelyn3@glow.sch.uk
Over 2,000 people from across South Lanarkshire and beyond joined to celebrate Father’s Day at this fantastic partnership event.

This year we were ‘wheelie’ excited to once again join forces with the organisers of South Lanarkshire’s ‘Big Bike Day’, complete with a free, secure bike parking zone. Families particularly loved the opportunity to try out their skills at the G72 Tri Club static bike challenge!

Billed as ‘The fun way to spend father’s day’, the event offered something for every member of the family, from the Tots and Toddlers Zone with Bookbug and Gymboree; Teens and Tweenies Zone where you could enjoy tasters and demos of various types of activities available from the Guides; local Sports clubs and Scouts; not to mention the Go Outdoor Zone with inflatables and Climbing Wall; Scottish Fire and Rescue and much more.

A firm favourite is the Mascot Race, where local mascots battle it out for the title of Mascot Marvel! This year we were delighted that Hamilton Park Racecourse opted to unveil their brand new Mascot ‘The Duke’ at the event. As a first time contender, The Duke came a respectable third place in the Mascot Race with the National Autistic Society’s Bounce the Bunny romping home to reclaim his title for the second year running.

As a free event with most activities also being free of charge, families fed back positively on the ability to have a stress free, family fun time. Mums and dads were also very impressed with the amount of information about local services and clubs that they could engage with, year round.

Full details; photographs and video from previous events can be found on ‘Family Man Fun Day’ Facebook page www.facebook.com/familymanfunday and if you want more information either as a provider of services or as a family member please contact:

Fiona Robertson
Phone: 01698 452214
Email: fiona.robertson@southlanarkshire.gov.uk

Fantastic Fun at Family Man Day!
EKreate youth group based within Universal Connections, East Kilbride have been successful in beating over 50 submissions in order to win the Scottish Youth Parliament’s We-CTV competition which is supported by the No Knives, Better Lives initiative.

The competition challenged young people to creatively promote an anti-violence message through the use of mediums such as art, literary or multimedia. The project asked young people from all over Scotland to submit a concept that would help educate their peers on interpersonal violence such as knife crime, bullying and abuse whilst giving a positive message on the supportive roles services currently play in the lives of young people.

EKreate group were one of more than 50 applicants that participated in the project which saw them take part in a 6 month process of meeting with professionals who tackle violence in Scotland’s streets, as well as work alongside creative industry experts in order to help develop their ideas into an original piece of innovative art.

The young people’s three dimensional design depicted the light and dark sides of being a young person and showed a figure escaping the constraints of violence and running towards a supportive embrace. Participants also agreed to incorporate a collage of photographs of young people who use the youth centre.

The finalists of the competition were invited to a glittering awards ceremony on the 25th March at the Glasgow Film Theatre where the winners were announced. The young people were delighted to receive the Art Category Winner 2015 for their creative piece.

The young people each received an SLR camera, art materials for East Kilbride Universal Connections and also a behind the scenes tour of the National Galley in Edinburgh seeing how restoration is done and viewing sections of the museum that are not open to the public.

For more information contact:
East Kilbride Universal Connections on 01355 221829
Clydesdale Soccerworx
- Successful Pilot Programme

Soccerworx was a new Free South Lanarkshire Council 12 week Big Lottery funded pilot programme that provides pupils from Carluke High, Larkhall Academy, Lesmahagow High and Kear Clydesdale support base with opportunities and skills to use soccer to build confidence and raise aspirations.

Participants on the programme gained nationally recognised qualifications and real life practical experience whilst being mentored by experienced youth workers and sport coaches. This is a unique opportunity for secondary pupils aimed to develop their coaching skills, confidence and experiences of the young people while re-engaging within the school and volunteering in their community.

Outcomes (13 trainees)
- Average attendance: 84%
- Trainees took part in football coaching, sports leader award, fitness testing, SFA taster, goalkeeping coaching, referee training, friendly games and various fun activities
- 11 young people attained their sports leaders’ award
- 10 young people attended the awards presentation
- The Soccerworx trainees planned and delivered 9 free primary school transition sessions in Crawforddyke, Robert Smillie and Blackwood primary school with 98 P7 beneficiaries taking part in the football coaching
- The training resulted in 42 primary pupils taking part in a free football festival at Lanark Racecourse. This event was planned, refereed and managed by the trainees
- The trainees played two friendly games against Carluke High and Larkhall Academy
- All trainees stated that they enjoyed the programme, their confidence improved and aspirations for the future have enhanced
- Volunteering placements (summer/post programme)

The success of the pilot means that the programme is going to run again but this time for S3 and above. Pupils will be picked up from the rural areas and taken to the indoor facilities in Hamilton.

For more information contact:
Brian MacLeod, Sportsworx Coordinator
Phone: 01698 552124
The Clyde and Avon Valley Landscape Partnership (CAVLP) are inviting people of all ages and photographic abilities to enter a year-long seasonal photography competition seeking to capture what makes the area unique.

Each winning photographer will win a framed print of their photograph and submitted images may be selected for display in CAVLP exhibitions, postcards and digital interpretation of the area on the CAVLP website.

Judging will take place quarterly, taking place after each seasonal category closes at the end of November (autumn), February (winter), May (spring) and August (summer) – with overall winners picked in September 2016.

Each seasonal category is broken down into five different themes illustrating the unique characteristics of the Clyde and Avon valleys - from woodlands and orchards, to designs in the landscape, geology, horticulture, agriculture, industrial heritage and play.

Photographs should be taken in, or looking into the Area of Great Landscape Value which follows the Clyde and Avon valleys respectively from just south of Hamilton to New Lanark and Strathaven, available in the competition notes. The area is well known for attractions such as Chatelherault Country Park and New Lanark World Heritage Site but there are many, more hidden features of the landscape that tell an equally important part of the area’s story.

Open to all ages and photographic abilities, entries will be judged on creativity and individuality as much as technical skill, by a panel from a diverse range of backgrounds.

"We’re sure that the variety of photographs entered will be as diverse as the landscape that they are capturing," says Donna Marshall, CAVLP Manager. "We’d like to see photos that capture the essence of the place as much as convey technical skill."

Photographs can be entered in a digital format to info@clydeandavonvalley.com

Alternatively, they may be entered in print format to:

David Dale’s House,
Rosedale Street,
New Lanark ML11 9DJ.

For full information on the competition, visit www.clydeandavonvalley.com/news or email info@clydeandavonvalley.com
The Making It Work South Lanarkshire (MIW) Programme is a specifically designed programme of support to lone parents towards employment, training or further education.

Funded by Big Lottery, the aim of the programme is to take away some of the fears and barriers that discourage lone parents when considering returning to work, as well as providing all the necessary support to do so by offering one to one support from experienced keyworkers who will provide the individual support needed for as long as the client’s journey takes.

Some of the support MiW can offer is:

- plan a way forward that is unique to the person and their goals
- access and assist with funding for affordable childcare
- assist with financial advice
- support to maintain positive mental and physical health
- an extensive training programme specifically designed by lone parents for lone parents to support the journey towards work.

To date the MiW programme has supported over 80 lone parents into long term sustainable employment. Clients have successfully worked through their fears and barriers and now enjoying the confidence and self-worth feeling of being in employment.

Client quotes

“Making it Work is a very supportive service and I would encourage other lone parents to join up. Going back to work has given me a feeling of self-worth and satisfaction... My keyworker was always very helpful and would go out of the way to help...” - Yvonne

“Excellent training journey and have met some wonderful people and will become lifelong friends.” - Michelle

“While on the course I actually talked to the other members of the group and the trainers about my dream, which was the first time I had ever done this. The encouragement and support they all gave me was amazing and really built my confidence up to actually find out if it was a viable project. The assertiveness training also gave me insights into how I could talk about my idea without being combative about it.” - Jean

Jean has now been successfully running her own business for over 12 months and is looking to further her education by attending college courses to continue to develop her business and skills.

“It is only because of MiW, the course, the wonderful group of friends and trainers I met that I can now say I am self-employed and no longer claiming income support. Thank you.”

For more information please contact:
Wendy Hampson, MIW Co-ordinator
Phone: 0141 6460 500
Email: whampson@rtws.org
Website: www.rtws.org
Facebook: Facebook.com/RoutesToWorkSouth
Twitter: @Routes_TWS
Linkedin: Routes to Work South
‘Legal’ Highs

East Kilbride Police and NHS Lanarkshire Health Improvement staff have been raising awareness in local secondary schools in East Kilbride/Strathaven on New Psychoactive Substances (‘Legal’ Highs), using personal safety workshops to S3 pupils.

So far, Duncranrig Secondary and Strathaven Academy pupils have received the workshops, with Calderglen High due to follow. The workshops provide information and safety messages on the use of Legal Highs and the wider personal safety implications for young people engaging in risk taking lifestyle behaviour.

The workshops make up one strand of the wider partnership work happening across the locality. Personal safety can impact significantly on the overall health and wellbeing of individuals and communities, and as such, the work has evolved to include links with Looked After and Accommodated Children’s Units and homeless accommodation locally. This signifies a genuine commitment from partners to engage with local residents and support their individual right to make informed choices through provision of education, up-to-date, accurate information, signposting to services and relevant support agencies.

Joint planning and delivery of the workshops continue, reflecting any significant changes or developments, as appropriate. The Community Safety Unit intend to use the personal safety work in East Kilbride to shape the work across the Division to ensure consistency and equity across localities.

For more information contact:
PC Greg Roberton Q332
East Kilbride Police Office
Phone: 01355 564058

Play Safe Home Safe

NHS Lanarkshire Health Improvement teams, in partnership with Police Scotland, have developed the Play Safe Home Safe campaign to raise awareness and deliver key safety messages around alcohol, substance misuse, personal safety and safer sex.

There are two key strands to this campaign; the provision of resource packs and the development and promotion of the website www.playsafehomesafe.org.uk

The past few months have seen the health improvement team increase the website audience by using Facebook advertising, with adverts been targeted towards 16–30 year olds throughout Lanarkshire. Due to the Facebook adverts the website has seen a large increase in the numbers of visitors to the site, with more visitors staying longer on the site than with the previous version of the website.

As the PlaySafeHomeSafe website has recently been revamped and we would like to ask young people their views on the website and the positive impact it could be making to them.

If anyone is currently working with young people and they would like to take part in an evaluation and work in the Clydesdale and Hamilton areas contact Angela Williamson, on angela.williamson2@lanarkshire.scot.nhs.uk

The contact for East Kilbride, Strathaven, Cambuslang and Rutherglen is Lorna Shearer. Email: lorna.shearer@lanarkshire.scot.nhs.uk
Online Safety in East Kilbride

Police Scotland’s Lanarkshire Division, in partnership with NHSL Health Improvement, ran an online safety event which took place in East Kilbride Town Centre in September.

Technology is moving at an alarming rate with social networking, online chat, online banking and internet access, meaning people can literally live their life online from their home. Unfortunately, the move into a technology focused world, brings a lot of risk of harm to individuals of all ages and all cultures, many of whom can experience long standing potentially fatal health outcomes.

The 2-day event highlighted the wide array of online issues, relevant to the modern technological society we live in. It’s estimated that approximately 1 billion people log into Facebook every day, with 1 in 7 people across the world having a Facebook account. Many online users have experienced cyber bullying, issues around sexting and exploitation, to name just a few. Local schools from across Lanarkshire will help raise awareness around some of the issues faced by our young people today.

There will be a wide range of fun, interactive learning sessions for all ages aimed at every level of knowledge and expertise on the constantly evolving IT world and subsequent online activity currently being used. We expect intergenerational activity with the young (experienced) assisting in the learning of the older (perhaps less experienced) population.

'I’m Safe Online’ hand held flags will be distributed to the audience for photo opportunities and children will be issued with ‘I’m Safe Online’ wristbands to promote the internet safety message.

Lanarkshire Division will invite the audience to participate in workshops and will encourage people to use our ‘Safe Selfie’ tent.

The ‘Safe Selfie’ tent will inform the audience on how to ensure they are taking selfies safely and the effects of sending selfies to unknown sources. Following the launch of the selfie tent, Lanarkshire safer communities department will launch a game with selected members of the audience to find internet safety facts which will be hidden within a marked police vehicle. This will encourage and promote the 10 key internet safety facts which will be consistent throughout the campaign. In the afternoon, presentations will be delivered from the cyber crime communications team.

To conclude on the first day of the campaign a physical demonstration to parents/carers on how to set security settings on their children’s mobile devices will be delivered by Police Scotland’s Lanarkshire Safer Communities’ Officers.

For more information contact:

PC Greg Roberton Q332
East Kilbride Police Office
Phone: 01355 564058
A great grandmother who’s travelled to the corners of the earth has revealed how an innovative walking challenge has reinforced her sense of adventure – at 94 years of age.

Former social worker and lifelong traveller Lillis Oldham from Strathaven – who once ventured to Cambodia as part of the humanitarian effort following Pol Pot’s genocide – is a participant of Voluntary Action South Lanarkshire’s (VASLan) Strolling Steady initiative.

Strolling Steady has seen around 100 recruits across South Lanarkshire issued with free start up packs, including a pedometer, so they can clock up miles in and around their own homes. And Lillis has embraced the challenge with all the gusto that’s characterised a life less ordinary.

“I’ve never really been one to sit around and let life pass by and have always loved immersing myself in new cultures and environments. Life, for me, has always been about going out and grasping opportunities. When I heard about the Strolling Steady initiative I wanted to give it a go.”

The initiative, which was backed by Big Lottery funding and set up by VASLan as part of the national Reshaping Care for Older People (RCOP) programme, consists of a participant wearing a pedometer to record their activity. A key goal of RCOP is to help growing numbers of people over the age of 65 to beat isolation and to continue to live full, positive and independent lives. Participants of Strolling Steady are also provided with a diary to mark progress and information on how they can be more active in their day-to-day lives. They challenge themselves to reach a target they set down, whether that’s moving around more in their homes, walking to the local shops or even further afield.

The aim is that by the end of the programme, those taking part will have increased their activity to a stage where they feel fitter, healthier and more confident. For Lillis, the programme has simply renewed her irrepressible vigour.

“My family have always been very green fingered and I love to tend the garden at my home in Strathaven.”

“I’m feeling really good after almost completing the programme. We once had a small strawberry field in our grounds and I’m determined to replant that.”

Lillis added: “I’ve no immediate plans to travel but you can often find the best adventures in life are on your doorstep. The Strolling Steady programme has been part of that.”

VASLan’s Sandra Renicks said: “The benefits of regular exercise are well known and are especially important in helping older people maintain health, wellbeing and independence. That’s been a key aim of this programme and we’re delighted such an inspirational, energetic lady like Lillis has taken so much satisfaction from it.”

VASLan’s Locator tool, set up through RCOP, makes it quick and easy to find older people’s services and activities run by the voluntary sector in South Lanarkshire. Visit www.vaslan.org.uk/locator or contact 01698 300390

For more information on reshaping care check out the newsletter visit www.nhslanarkshire.org.uk/publications/Documents/Reshaping-Care-Newsletter-South-Lanarkshire.pdf
Putting the third sector at the heart of collaboration

The third sector is playing a crucial role addressing inequalities and poverty in our communities. That was the message from a reception in the Scottish Parliament this summer.

At a reception, hosted by Chic Brodie MSP on behalf of Voluntary Action Scotland, Alex Neil MSP talked about the huge role volunteering has played in the history of Scottish society and praised the work of third sector interfaces in building and supporting the third sector and volunteering locally.

A new booklet produced for the night called ‘Collaboration Works’ showed collaboration in action across Scotland, led by TSIs: from creating a social transport project in Aberdeen to help older people stay active, to working with young families in East Ayrshire to make sure they have the support to get on in life; from supporting people in the Highlands to manage their long term conditions independently, to reducing reoffending in South Lanarkshire (VASLan’s Chance to Change project). The booklet, alongside two video case studies which were shown on the night featuring projects in the Scottish Borders and East Ayrshire, demonstrated the significant impact TSIs are having across Scotland, particularly in building innovative, collaborative approaches to service design and delivery.

Cabinet Secretary for Social Justice, Communities and Pensioners’ Rights Alex Neil said:

“The third sector is playing a crucial role addressing inequalities and poverty in our communities.”

“It is important that we continue to work closely at a national level with Voluntary Action Scotland, and at a local level with each of the Third Sector Interfaces, so we can take advantage of the sector’s experience, insight and perspective and recognise the significant contribution it is making to the lives of some of the most vulnerable people in our society.”

Calum Irving, CEO of Voluntary Action Scotland, commented:

“Without the third sector interfaces bringing together public sector, third sector and others, much of the great collaborative working we see in communities across Scotland simply wouldn’t happen. By acting as a champion for the local third sector the TSI can help to give the sector a voice and challenge public bodies to work in a different, more facilitative ways.

“We were delighted to have the opportunity to take this message to MSPs and we were pleased to see so many attending the reception so they could hear first-hand from their local TSIs. It was great to hear the Cabinet Secretary talk of the huge impact TSIs are having across Scotland in supporting the local third sector and communities.”

To view the ‘Collaboration Works’ booklet, please visit www.vascotland.org
VASLAN Hard-hitting prison play resonates with young people on local employment project

Young people engaging with a local employment project took a trip to the Fringe to see a critically-acclaimed play developed by, and focusing on the lives of, female prisoners.

Clients, staff and volunteers from two South Lanarkshire mentoring projects, Chance to Change and the Enhanced Volunteering Initiative (EVI), attended the Edinburgh Fringe on 20th August to see Key Change, a powerful play devised by women of HYMPYOI Low Newton in the North East of England. The play tells the tale of the inmates’ lives in the jail as well as their past experiences with drug addiction, domestic violence and sexual abuse. But the play also presents a message of hope, offering the possibility of changing your circumstances and not being imprisoned by the past. This was a message that resonated particularly with clients on the Chance to Change project, which engages with young people who have committed multiple low-tariff offences in the past but are looking for a way to change their lives and move into training, education and employment.

Robert, 22, is one such client with Chance to Change. He was impressed by the play and positive about how its message will affect his path in the future: “It was unbelievable how powerful the play’s description of heroin’s effects were and the impact it has on your life. I hope it will help me with my methadone reduction programme.”

Julie, 17, is mentored on the EVI project, and she too saw aspects of her life reflected on stage: “It was good to hear other people had gone through similar problems to what I am facing at the moment.”

Since launching two-and-a-half years ago, Chance to Change has seen 23 clients gain employment and a further 41 move into training and education. The Enhanced Volunteering Initiative, since 2011, has also seen 88 clients move onto positive destinations.

The project relies on the dedication of volunteer mentors, who meet with the young clients on a regular basis. Ian McLaughlan is an Employability Officer with Voluntary Action South Lanarkshire, the voluntary sector support body who runs the projects.

He said the play would be valuable in developing the relationship between the clients and their mentors.

“It was also an opportunity for the young people to experience something very different from their everyday experiences, as many had never been to a play or the Festival before.”

The projects take on young people and volunteers from Cambuslang and Rutherglen, but also work South Lanarkshire-wide. Peter Stephen has been volunteering with both projects over the past two years and is motivated by the successes that are achieved. “Projects like this are going to have their ups and downs, but it does give you a buzz if you get someone back on the tracks. The small successes keep you going - I’ve just heard that the last boy I worked with has got a job, and I know that that will certainly give him a big boost. The programme’s orientated towards training and employment, so even if you get into training then that’s going to fill your time and give you an interest.

“It’s definitely very worthwhile. I’d recommend getting involved if you’re someone who thinks they can do something to help youngsters and to improve society in general.”

EVI is funded through South Lanarkshire Works 4 U, and Chance to Change by the Scottish Government’s Reducing Reoffending Change Fund.

If you’re interested in getting involved with mentoring on one of VASLan’s employability projects, please contact: Ian McLaughlan
Phone: 01698 300390
Email: ian.mclaughlan@vaslan.org.uk
for more information.

Voluntary Action South Lanarkshire
Putting the Voluntary Sector FIRST
Creative kids take plaudits at thrilling film festival

Creative young people from across South Lanarkshire received a rapturous response to their filmmaking efforts as Hamilton’s Vue Cinema played host to the South Lanarkshire Youth Film Festival. The celebration event, funded by the Big Lottery and co-ordinated by Voluntary Action South Lanarkshire (VASLan), saw parents, carers, community groups, teachers and young people come together to witness the results of the imagination, hard work and raw talent that had gone into youth filmmaking projects over the past year.

There was also a touch of celebrity in the air, as Keira Lucchesi, star of River City and a recent production of John Byrne’s The Slab Boys, played host for the evening. It was a night that included thrills and laughs, as well as thoughtful explorations of social issues, with various locations across South Lanarkshire as a backdrop.

Among the entries was Shaft 9 by community learning project Pits Ponies People and Stories, a chilling ghost story drawing on South Lanarkshire’s mining history; Control by Blantyre’s Terminal One Youth Centre, which showed a day in the life of a young man with fragile mental health; Lost Dogs, another spooky offering from the girls at Uddingston Film Club; and Zombie Apocalypse from Lanark Grammar Pupils. The audience showed their appreciation for all the films on show, but it was Biggar High’s Bullied that scooped the Audience Award, while East Kilbride’s CUPI picked up the Judges’ Award for their sci-fi tale The East Kilbride Incident.

Biggar's Nadia Keteb, S5, said: "It was a fantastic opportunity to participate in this project. I personally got the chance to develop new skills and confidence during the project. We all felt a great sense of accomplishment and will look back on it with fondness. It was a brilliant achievement to receive the Audience Award especially when up against so many high quality short films."

Host Keira was impressed by the project and the opportunity it offered the young people involved: “You don’t get any more creative than working with other people to make something from scratch. Kids getting to do this kind of thing is new to me personally, so it was really cool to see. It’s a big deal for them to be able to watch themselves on a big screen in a cinema, especially if they want to continue into acting. You can see what you’re doing right and what you’re doing wrong and it’s also important to be able to look up and go ‘look what I’ve done, there’s a final product there and we created that’.”

Also in attendance were Provost Eileen Logan, who opened the ceremony, Councillor Robert Brown and South Lanarkshire Council’s Head of Education Anne Donaldson who kindly presented the young people with their certificates.

The Provost said: “I had an excellent night. I thoroughly enjoyed it. I wish this kind of project had been available when I was at the high school. The self-confidence the young people exuded was fantastic, and this sets them up for life as well as being educational in media.”

Councillor Robert Brown said: “I thought it was brilliant. It’s a really good example of what you can do with talented youngsters and the degree of encouragement that this medium gives them.”

The South Lanarkshire Youth Film Festival project involves VASLan’s Media Project staff and volunteers working with young people from schools and community groups throughout the year, guiding them through the creative process to make the films they want to make, while passing on vital filmmaking skills and giving them a final product of which they can be proud.

For more information on what VASLan offers, please visit www.vaslan.org.uk
At the start of the summer holidays South Lanarkshire was visited by Benji and Bessie the Play Talk Read buses.

Venues in Blantyre, East Kilbride, Larkhall, Rutherglen and Whitehill in Hamilton welcomed the Benji and Bessie buses with over 400 children, parents, carers and nursery staff joining the Play Talk Read play leaders on board for a day of fun interactive games, storytelling and dressing up.

The Play Talk Read bus gives parents an opportunity to discover innovative and fun ways to encourage their children to learn and develop through play, whether it’s free time to allow children to entertain themselves with toys on board, or whether it’s free time for children to use their imagination in this unique play space.

Children with their parents or carers can also take part in BookBug reading sessions, allowing their imagination to develop as they pretend to be the characters from the books helped with a range of dressing up costumes.

On board there is a range of information that parents can take away with them to encourage learning through playing, talking and reading with their children.

Some of the comments the Play Talk Read team received following the events were:

“It was really nice to see the kids communicate with each other! It was a really nice opportunity for them to use different things!!”

“Great bus and staff, kids had great fun, thanks.”

“Kids loved the bus staff were very welcoming and friendly.”

There is a Play Talk Read Locality Lead in each area who can be contacted for more information about the Play Talk Read campaign.

Clydesdale/Larkhall
alana.mcglynn@lanarkshire.scot.nhs.uk

Blantyre/Hamilton
ann.brodie@southlanarkshire.gcsx.gov.uk

East Kilbride/Strathaven/Cambuslang/Rutherglen
eileen.macphee@lanarkshire.scot.nhs.uk

More information can be found about Play Talk Read at www.playtalkread.org

Your feedback is important to us.

We’d appreciate a couple of minutes of your time to follow the following link and answer a few questions, the answers to which will improve the relevance of this publication for our readership:

www.surveymonkey.com/r/VP828K8