

Scottish Social Networks Newsletter

Dec 08

Because we all need friends and family.

social networks: prevent homelessness
promote mental health and well-being
create inclusive communities - and make us feel good about ourselves

Please take a few moments to read over the quarters SSN Newsletter which includes;

- Review of **Shelter's Social Network Training**
- **Independent evaluation** of trainer training
- **Scottish Community Mediation** Centre (SCMC) Scottish Community Mediation Network (SCMN) launch
- Information on how **Time Banking** supports social networks

If there's anything you'd like included in the next newsletter please email: info@scottishsocialnetworks.org

Best wishes,

Lesley (Lesley Stenhouse, Forum Coordinator)



Our partners at Shelter have now successfully delivered their first block of training based on the Scottish **Social Networks Training** Pack. Jane Heppenstall, Shelter's Training Support and Development Officer explains,

"Delivering the Social Networks programme for the first time has been an exciting new development for us in the Training Team at Shelter. We have been aware for a while that trainees are keen to explore how to strengthen social networks for the clients they support. Collaborating with SSN has meant that we have been able to help them do this. The training materials are excellent, easy to work with and provide a refreshing and challenging perspective on how we can work together to prevent homelessness. We are looking forward to delivering more sessions in the New Year and have already received enquiries from several agencies."

In general those taking part in the training felt that its content, structure and presentation were all very good, and most felt that they could take the skills developed in the session and apply them in their workplaces. There was recognition of the importance of social networks, and how this importance needed to be felt across the board.



In other training news; **A 'whole organisation' approach to training** is being developed in partnership with Loretto Housing Association, in which managers and team leaders have been trained by Ally Calder from the Rock Trust to deliver social networks training themselves to their teams. This learning process is supported by Comas, who are conducting an external evaluation of the impact of training, in terms of organisational change and staff attitudes. The evaluation will take part in three stages; Pre-training interviews, and post training interviews with the same participants after 8 and 16 weeks.

This independent evaluation will review the impact of the training and in addition, simple evaluation materials will be developed so that the process can be repeated further down the line internally. Scottish Social Networks plan to use the findings to help develop and improve the trainers' training, in order to equip more front line staff with the knowledge needed to support clients with poor social networks. If you or your organisation are interested in finding out more email info@scottishsocialnetworks.org



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The Scottish Community Mediation Centre (SCMC) and the **Scottish Community Mediation Network (SCMN)** were officially launched jointly in Edinburgh on 24 June 2008.



Previously known as the Community Mediation Consultancy and Training Service, the SCMC has a national and international reputation for high quality training and consultancy work in the field of Community Mediation and constructive conflict resolution. The Centre aims to promote Community Mediation throughout Scotland as an effective way of resolving conflicts within communities. <http://www.scmc.sacro.org.uk/>



The Centre administers the Scottish Community Mediation Network, which represents community mediation services from virtually all Scottish local authority areas, and promotes best practice in community mediation through the SCMN's accreditation schemes. These schemes are unique in the UK and help to ensure that Scottish mediators have a worldwide reputation for being amongst the best trained and highly respected in their field. <http://www.scmc.sacro.org.uk/html/scmn.html>

Time Banking Scotland is a Joint Venture Agreement between Volunteer Development Scotland and [Time Banks UK](#). Time Banking seeks to promote a sense of community, by asking people to exchange their time in a mutually beneficial way. The scheme is built on the principle that for every hour a person contributes they receive the equivalent in time credits which they can exchange. By enabling people to help others, receive support themselves, meet new people and build trust, communities become better places to live.



Time Banking connects people with their communities. It can provide the opportunity and context for socialising, build self confidence and self esteem and help people develop supportive social networks. The full article on Time Banking can be found under "other models of support" at www.scottishsocialnetworks.org

For more information or advice on how to start a Time Banking scheme in your community contact Tam Cassidy on 01786 479593 or e mail tam.cassidy@vds.org.uk

Professor Stein's "sell out" lecture



Professor Mike Stein presented his lecture, *Promoting the resilience of vulnerable young people: messages from research*, to a full house in Edinburgh's City Chambers in October. The event, hosted by The Rock Trust, was attended by over 100 people, who had travelled across the country to make the lecture. If you were unable to attend Professor Stein's lecture over heads, and the report which the lecture draws upon are both available online via www.scottishsocialnetworks.org.



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A project managed by the Rock Trust Charity No. SC0187085



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