

# Scottish Social Networks Newsletter

Jan 10

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

Welcome to the first 2010 edition of the SSN Newsletter. Included in this issue is:

- Information about our forthcoming seminar 'Resilience Through Life – An Exploration of Theory in Practice'
- Details of Scottish Social Networks' BIG Lottery Research grant
- SHEIN Shared Solutions Dec 2009 Report
- The Rock Trust's BIG Lottery success – Networks Through Care
- News that Contact Point, Edinburgh, announce open days

We hope you enjoy the newsletter, and would like to wish you all a very Happy New Year! If you'd like to contribute to the next issue please email: [info@scottishsocialnetworks.org](mailto:info@scottishsocialnetworks.org), or if you would like to access the online community - to share experiences, offer or seek support and advice - go to [www.scottishsocialnetworks.org/app/webroot/forum](http://www.scottishsocialnetworks.org/app/webroot/forum)

Best wishes,

**Natalie** (Natalie Barrett, Scottish Social Networks Administrator)

## Resilience Through Life

**An exploration of theory and practice and how it applies to the transitions faced throughout life.**



**Wednesday 3<sup>rd</sup> March, Albert Halls, Stirling**

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mentoring  
network



Can resilience theory applied in practice promote wellbeing for individuals experiencing adversity?  
Can it provide support in transitions throughout life?



The idea of resilience has captured the imagination of professionals and public alike but its constant use in every situation can obscure the important, evidenced based theory and practice. It can challenge and inspire those working with vulnerable individuals, groups and communities but it has also led to potentially unrealistic expectations, disputes, critical analysis and lively discourse.

**Experts from research and practice, lead by Professor Brigid Daniel, will share their experiences but your contribution to the debate is vital.**

For more information and booking details, go to [www.scottishsocialnetworks.org/events](http://www.scottishsocialnetworks.org/events)



## The Rock Trust Research Grant

LOTTERY FUNDED

The Rock Trust has been awarded a grant of £317,323 by the BIG Lottery Fund's Research Programme in order to undertake a 4 year research project, with the support of Glasgow School of Social Work at Strathclyde University. The findings and good practice guidance will be promoted through the Scottish Social Networks Forum.

The research looks at the role of housing support services in enabling individuals who have experienced or are at risk of homelessness to build positive social networks. The aim is to enable local authorities and service providers to deliver effective support for social networks within their services.



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The research will involve local authorities and voluntary sector organisations across Scotland but will focus on service users who have experienced or are at risk of homelessness. Service users will not only contribute to the research but will themselves be involved in interviewing.

The Rock Trust will manage the research partnered by Strathclyde University and supported by a Steering Group of beneficiary representatives. Part of the funding covers the recruitment of a full time research fellow, who we are aiming to have in post by April - for information on the role, go to [www.rocktrust.org/latest-vacancies.htm](http://www.rocktrust.org/latest-vacancies.htm).

### SHEIN Shared Solutions Workshop



Following a successful event in December, 2009, the report is now available and can be viewed at [www.ghn.org.uk/shien/](http://www.ghn.org.uk/shien/)



### The Rock Trust's BIG Lottery Grant – Networks Through Care

The Rock Trust have also been awarded a BIG Lottery Grant for the Networks Through Care Project, which seeks to support young people who are in the process of leaving care to improve their relationship formation and social skills as well as move them into employment, training, education or volunteering roles.

The project will assess young care leavers' needs, establish a personal development plan through intensive one to one work and develop their key social skills through group work and mentoring services. Building on existing Networks Support work, the Rock Trust will replicate and scale up their service delivery model to operate in the four Lothian local authority areas, and aims to benefit 350 individuals and 100 organisations.

In conjunction, there will be a training and development programme focussing on building up the capacity of staff and organisations to support care leavers in the recognition and addressing of social and relationship development needs, along with providing ongoing support for agencies and individuals in the practical application of the learning.

### Contact Point, Edinburgh - Open Days

Contact Point Team and Service Users would like to invite anyone interested in accessing and/or referring people to the services, to their first Open Session in 2010. Taking up this opportunity to visit Contact Point will offer you time to receive information on the various services provided such as: Art Groups, Gym & Swim Group, Men's Activity Group and the Drop-In, which is open evenings and weekends. Referral and risk assessment information will also be available. For more details go to [www.scottishsocialnetworks.org/forum](http://www.scottishsocialnetworks.org/forum)



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