

In this edition of the newsletter I'm concentrating on just two important new initiatives:

- the launch of the **training pack and how to get a copy**
- an exciting **new service** for homeless young people from **Family Mediation Scotland**

In their way both of these reflect new approaches – Scottish Social Networks looking across the inclusion agenda and giving something back for a change instead of always asking for your help and Family Mediation Scotland focusing in on the issue of youth homelessness. Isobel Bilsland announced Family Mediation Scotland's new service at a mini conference on Homelessness and Mediation organised by Scottish Council for Single Homeless http://www.scsn.co.uk/events/events_diary.htm

But don't be fooled, I have not changed my spots completely. I still want to hear from you on what you want to see covered by this newsletter or with contributions. Please email me to let me know lesley.stenhouse@scottishsocialnetworks.org. The website www.scottishsocialnetworks.org has been a bit stagnant over the last few months but updates have now started and there will be new areas soon.

Cheers **Lesley** (Lesley Stenhouse, Forum Coordinator)

A specialist new training pack for organisations working with those who are vulnerable and socially excluded was launched on 26th June, by Ewan Aitken with the first trainees. A strong advocate of the value of 'social networks', Aitken delivered a



powerful message to onlookers: "It was The Rock Trust that taught me that homelessness is very little to do with roofs and everything to do with relationships. In creating this training pack the Scottish Social Networks Forum has drawn on the experience, wisdom and expertise of The Rock Trust and partner organisations from across the inclusion agenda."

The training is for everyone - staff and volunteers - working with people who have limited social networks. Helping individuals to develop their social networks can reduce service dependency and help them take control and move on. Feedback from participants was very positive:



"Genuinely useful" enthused Jane Salmonson from L'Arche about the training. "The skills I learned today will add extra value to the time I spend with young people." "It was great to be part of this" said Susan Gibb from Bethany Christian Trust. "It really brought home to me how progress has to stem from self belief." Allison Calder, the trainer, said "This trainer's pack provides you with everything you need for a successful training day"

The training has been developed by professionals in the social care field to train frontline staff and volunteers to encourage their clients to develop positive social networks and help them move away from dependency on services. It will equip staff with analytical skills and practical methods to help clients:

- Analyse their individual social networks
- Strengthen and extend their informal social networks
- Access further support if needed

How much does it cost? Nothing! The training pack is absolutely free. All we ask for is the cost of postage and packaging.

To find out more and to order your copy print off the order form in the information leaflet at the end of this newsletter, phone Lesley on 0131 534 9869 for the form or visit the website <http://www.scottishsocialnetworks.org/events.php> .

(Photographs by Stuart Pennykidd)

Scottish Social Networks: Because we all need friends and family.

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



Over the past few months, **Family Mediation Scotland** has been developing a specifically tailored **mediation service for homeless young people** and those at risk of homelessness, and their families.

Family Mediation's traditional role, which mostly focuses on mediation and supported contact as well as information & advice to separated parents, strives to reduce the stress and distress of family conflict. This ethos continues with the Homelessness Service. Family Mediation practitioners have built up over 20 years' experience of working with complex family issues and dynamics and is ideally placed to offer this homeless prevention work through their Scotland-wide network of local FM services.

The service will be offered to young people from the age of 14 years and their families and will focus on helping young people to:

- Re-establish or improve understanding and communication within the family
- Leave home in a planned and structured manner
- Remain at home, if safe to do so
- Return home, if safe to do so

Referrals will be accepted from voluntary & statutory organisations as well as from young people themselves or their families.

At point of contact, staff will strive to respond quickly to all referrals, offer a listening and understanding ear, have knowledge of basic homelessness issues, signpost to other services as appropriate and arrange appointments as needed.

Families will be assisted by experienced, specifically trained Registered Family Mediators. The first stage of the mediation process will be individual appointments which will allow young people to build confidence & trust in the mediator, provide information about the service & explain the process, ascertain readiness for mediation and prepare for it, gather relevant background information and screen for child abuse and any significant harm caused by the young person or family members.

Following on from this, mediators will assist those involved to meet together to discuss emotional and practical issues which are affecting the family group or individuals within it and consider possible solutions and a way forward for the future.

FMS recognises the importance of holistic support for young people and their families and plan to work closely with mentoring, befriending and homeless support agencies with the aim of providing a seamless service for clients.

A two-phased pilot project is starting at the end of July with a Homeless Mediation Service being introduced in Argyll & Bute, with the support of the local council. The second phase is provisionally planned for Dundee later in the year.

Further information can be obtained from Isobel Bilsland, Isobel@fmborders.org.uk or by calling Family Mediation Scotland on 0845 119 2020



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A project managed by the Rock Trust Charity No. SC018708



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Further Information

If you need help to deliver the training please contact the following:

Ella Simpson – The Rock Trust

ella.simpson@rocktrust.org

0131 557 4059

Scott Telfer – Scottish Mentoring Network

scott@scottishmentoringnetwork.co.uk

0141 333 6673

Matt Elton – Scottish Council for Single Homeless

matt@scsh.org.uk

0131 226 4382

Susan Gilchrist – Befriending Network Scotland

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0131 225 6156

Claire Frew – Glasgow Homelessness Network

claire@ghn.org.uk

0141 276 4825

Isobel Bilsland – Family Mediation Scotland

isobel@fmborders.org.uk

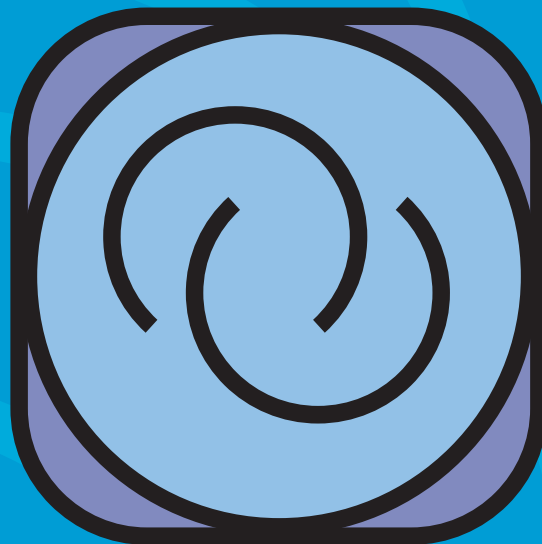
01721 724 170

Amy Woodhouse – Scottish Development Centre

for Mental Health

amy@sdcmh.org.uk

0131 555 5959



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Training Pack Information



Do you work with people who have limited social networks?

Scottish Social Networks has developed an innovative new training pack for organisations working with those who are vulnerable and socially excluded.

Why?

Research has proven that a lack of positive social networks, that is the personal networks of family, friends, colleagues and acquaintances we each individually have, is literally bad for you.

How will it help?

Helping individuals to develop their social networks will reduce service dependency. They will be more able to take control of their lives and move on.

How will it work?

The training can be delivered by in-house staff or external trainers. It will equip staff with analytical skills and practical methods to help clients:

- Analyse their individual social networks
- Strengthen and extend their informal social networks
- Access further support if needed

How much will it cost?

Nothing! The training pack is absolutely free. All we ask for is the cost of postage and packaging.

Scottish Social Networks

SSN is working on a range of initiatives to promote social networks particularly in relation to mentoring, befriending and mediation.

T: 0131 524 9869

E: info@scottishsocialnetworks.org

W: www.scottishsocialnetworks.org

SSN Training Pack Order Form

Name:

Organisation:

Address:

Postcode:

Number of packs requested:

Please include £5.00 per pack for cost of postage and packaging

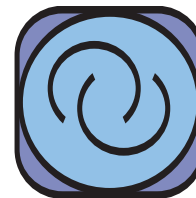
Please make cheques payable to **The Rock Trust** and send to:

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