

Scottish Social Networks Newsletter

Oct 09

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 autumn edition of the SSN Newsletter. Included in this issue is;

- **Scottish Recovery Network partnership training events are a huge success!**
- **New Training dates announced;**
 - **Aberdeen in partnership with Health and Homelessness**
 - **Trainer's Training in partnership with Apex**
- **Glasgow Homelessness Network Training Week 7th-9th December 2009**
- **New Befriending Code launched!**

We hope you enjoy the newsletter. If you'd like to contribute to the next issue please email: info@scottishsocialnetworks.org

Best wishes,

Becky (Becky Duff, Scottish Social Networks Administrator)



"It was the most useful training I have been on recently"
Training Participant

In our last newsletter we announced our joint training events with The Scottish Recovery Network, which took place in September. The two events, held in Edinburgh and Glasgow, received an overwhelming response. Participants from a range of organisations, including NHS, Scottish Association for Mental Health and The Richmond Fellowship took part in the training, which made for some lively discussion.

Trainer, Ally Calder, took the participants through the training, which had been specially tailored for those working in the mental health field. We were very pleased to have the opportunity to develop the training and branch out and are looking forward to do more work with The Scottish Recovery Network in the future.

New Social Networks Training Days Announced!

Scottish Social Networks are pleased to announce two exciting training dates with their new partners, Aberdeen Health and Homelessness and Apex Scotland.

The Health and Homelessness training day will take place on Monday 30th November in Aberdeen. Priority will be given to those working in the health and homelessness sector.



In partnership with Apex Scotland we will be delivering Trainer's Training in Glasgow on Thursday 10th December 2009. This training day is aimed at trainers who plan to deliver the social networks training, both internally and externally.

The training has been developed by specialists in the social care field and will equip staff with analytical skills and practical methods to help clients;



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

For more information or to book a place on either day please contact Scottish Social Networks admin **0131 524 8774** or email info@scottishsocialnetworks.org or visit www.scottishsocialnetworks.org



GHN Training Week, December 7th - 9th 2009

Homelessness Training Week is a new modular approach to promoting and enhancing professional learning and development provided by Glasgow Homelessness Network. Training Week is for all partners, across all sectors, who contribute (directly or indirectly) to the prevention and alleviation of homelessness in Glasgow.

The training recognises the overlaps between homelessness and other forms of inequality and exclusion - and so we warmly welcome bookings from practitioners, policy makers and planners who are progressing wider health and community care, housing or employability objectives.

GHN believes that professional responses to homelessness require an holistic understanding of the following themes, which form the basis of the training:

- Housing
- Opportunity
- Wellbeing
- Social Networks

To find out more about the courses, and details of how to make a booking, please visit www.ghn.org.uk

NEW Befriending Code of Practice Launched!



Befriending service clients are among the most vulnerable people in our society. It is essential therefore for anyone managing or running a befriending project to be accountable, to be very clear about what befriending involves and to know what constitutes good practice. The fully revised Befriending Code of Practice, written and published by Befriending Network Scotland:

- Describes the main issues which (both new and well established) befriending projects need to consider
- Sets out minimum standards which ensure safe and competent practice
- Makes suggestions to help projects develop good practice
- Gives good practice examples
- Provides case studies

By breaking down befriending into four main areas (Running a Befriending Project, Managing Befrienders, Clients and Matches), the Befriending Code of Practice covers all aspects of running a befriending project.

For more information or to download the new befriending Code of Practice visit www.befriending.co.uk



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