

# Scottish Social Networks Newsletter

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

- **Discussion Forum launched!**
- **SHIEN's first shared solutions workshop is a huge success**
- **Scottish Recover Network announces partnerships with SSNF-Training dates announced!**
- **Farewell to The Rock Trust's chief executive Ella Simpson**

If you'd like to contribute to the next issue please email: [info@scottishsocialnetworks.org](mailto:info@scottishsocialnetworks.org)

Best wishes,

**Becky** (Becky Duff, Scottish Social Networks Administrator)



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For the last few months we have been reviewing the Scottish Social Networks training tools, and from the feedback we received it was decided that a discussion forum would be a useful addition to the training resources. The discussion forum can be found through the website or directly at [www.scottishsocialnetworks.org/forum](http://www.scottishsocialnetworks.org/forum)

With the forum we are hoping to build an e-community of social networks supporters, who can share their experience and expertise and also look to others for help and advice with any challenges that they're facing. At the moment discussions include service user involvement and future training delivery audiences.

To post a comment or start a discussion please register at [www.scottishsocialnetworks.org/forum](http://www.scottishsocialnetworks.org/forum). We know that forums only work if people get involved so why not set aside 5 minutes a week to see what's been going on in the world of Scottish Social Networks!

**John Lewis** Congratulations go to Val Reid who was our lucky prize draw winner! Val will receive £50 vouchers kindly donated by John Lewis.

If you have any questions regarding the forum please contact [info@scottishsocialnetworks.org](mailto:info@scottishsocialnetworks.org) or call 0131 524 9874

The Scottish Homelessness and Empowerment Network (SHIEN) held a Shared Solutions Workshop on July 1<sup>st</sup> in Albert Halls in Stirling. Over 80 delegates attended, coming from across Scotland and representing a wide range of providers including local authorities and health boards, and a diverse range of voluntary and other sectors that provide direct services and supports



The workshop was a one-day collaborative event which encouraged service users, frontline staff, managers and policy makers to identify shared priorities and exchange ideas for solutions in a participative approach. It explored real examples of best practice and



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challenges to service user involvement whilst considering differing perspectives from staff, service user and policy work.

SHIEN will be launching an on-line resource exchange later this year, and the information shared at the event will be publicised on the website. This will include organisations sharing practical examples of service user involvement, the processes, the challenges and the solutions.

If you would like more information or would like to subscribe to SHIEN please call Stephanie Plotnikoff (SHIEN coordinator) on 0141 276 4825.



Scottish Social Networks is pleased to announce its new training partner-The Scottish Recovery Network. The one-day training is targeted at frontline staff working in mental health services, both based in health or social care.

The Scottish Recovery Network aim to; raise awareness that people can and do recover from long term and serious mental health problems, and of what recovery might mean for people; build our understanding of what helps people recover and stay well; build capacity for recovery by highlighting and supporting examples of good practice. Visit them at [www.scottishrecovery.net](http://www.scottishrecovery.net)

Speaking on the new training partnership Scottish Social Networks Co-ordinator Lesley Stenhouse said, "We are delighted to be working with the Scottish Recovery Network to deliver the social networks training. By delivering this training we will be raising awareness of the importance of social networks in the mental health field".

Two dates have been announced; September 2<sup>nd</sup> 2009 in Edinburgh and September 23<sup>rd</sup> 2009 in Glasgow. For more information or to apply for a place on the training please visit [www.scottishsocialnetworks.org](http://www.scottishsocialnetworks.org) or contact [info@scottishsocialnetworks.org](mailto:info@scottishsocialnetworks.org). Please note places are limited and will be allocated at the discretion of Scottish Social Networks and The Scottish Recovery Network.

The Rock Trust's Chief Executive, Ella Simpson has recently announced that she is moving to EVOC (Edinburgh Voluntary Organisations Council), where she will take up the role of Director. Ella has been involved with the Scottish Social Networks Forum- which is hosted by The Rock Trust-from the beginning. She says,

"My time at The Rock Trust and working with Scottish Social Networks has taken me on such an amazing journey. I am really looking forward to my new role at EVOC and hope to continue my involvement with the Scottish Social Networks Forum".

We wish Ella the best of luck in her new role, and look forward to working with her in the future.



We are always interested to hear about news and events. Please contact call 0131 524 9874 or email [info@scottishsocialnetworks.org](mailto:info@scottishsocialnetworks.org)



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A project managed by the Rock Trust Charity No. SC0187085



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