

Because we all need friends and family.

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| <b>Positive social networks:</b> | <ul style="list-style-type: none"><li>▪ prevent homelessness</li><li>▪ promote mental health and well-being</li><li>▪ create inclusive communities - and make us feel good about ourselves</li></ul> |
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I hope you all had a wonderful Easter! Please take a few minutes to read over this edition of the newsletter where you will find information on:

- The successful launch of the **new online database**
- New improvements to the **Scottish Social Networks website**
- **The consultation events** held on Towards a Mentally Flourishing Scotland
- **The Rock Trust's Networks Project**
- **Move On's** change of premises

As usual if there is anything you would like included in the newsletter or a contribution you would like to make please email me to let me know

[lesley.stenhouse@scottishsocialnetworks.org](mailto:lesley.stenhouse@scottishsocialnetworks.org) [www.scottishsocialnetworks.org](http://www.scottishsocialnetworks.org).

Best Wishes

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

The **Scottish Social Networks Database** was officially launched on the 29<sup>th</sup> January by Minister Stewart Maxwell, at The Rock Trust offices. The launch was a great success, with a range of organisations in attendance to see the demonstration of the new database.

The database provides a valuable search facility, enabling users to search for an organisation by name, an individuals' name, or by organisations working in the fields of mentoring, befriending and or mediation.



Stewart Maxwell, Minister for Communities and Sport with Ella Simpson Director of The Rock Trust at the launch of the Scottish Social Networks online database

### **Stewart Maxwell, Minister for Communities and Sport**

said: "Tackling homelessness is about much more than simply providing people with a roof over their heads. To prevent the nightmare of repeat homelessness, it's vital that people build social links within their communities, which contribute enormously to their sense of self-worth and therefore their ability to live settled, fulfilling lives."

Stewart Maxwell drew the winning ticket in the prize draw into which everyone who had updated their information was automatically entered. The lucky winner of £100 M&S vouchers was Suzanne Macleod from GCSS Mediation Service.

Since the launch additional improvements have been made to the database, which include the option to search under **organisation name** or the **name of an individual**.

New pages have recently been added to the Scottish Social Networks website. These are the **resources page**, which includes electronic versions of the **Training Pack** and **Toolkit**, a **research page** with links to research papers guides and strategies and there is also a **case studies page**. We hope these will provide you with useful sources of information and welcome feedback or suggestions for additional resources we could add. See [www.scottishsocialnetworks.org](http://www.scottishsocialnetworks.org) for details.



**Towards a Mentally Flourishing Scotland consultation events** were held on the 10<sup>th</sup> March in Glasgow in association with GHN, and on the 14<sup>th</sup> March in Edinburgh in association with City of Edinburgh Council.

The consultations gave participants the chance to influence the Scottish Government's Action Plan for mental health improvement, to ensure that inequalities are addressed and that the mental health and wellbeing of all of Scotland's people flourishes.

Participants in the workshops confirmed that **strong social networks** are a key element in good mental health, mental wellbeing and routes out of homelessness.

The views of participants will be reported to the National Reference Group and contribute to the development of an **Action Plan for implementation for 2008-2011**, which will be issued later this year.

For a copy of the report from the consultation events, please contact [info@scottishsocialnetworks.org.uk](mailto:info@scottishsocialnetworks.org.uk)



### **The Rock Trust Networks Project**

The aim of the Networks project is to provide opportunities for young people to develop the personal social and practical skills, as well as the sense of self worth necessary for independent adult life.

#### **About the Networks project:**

- The Networks Project has been created to help enable young people to develop ways in (re)building positive social networks necessary for moving on to, or living in their own tenancies.
- We work with 16-25 year olds who are homeless/at risk of homelessness, isolated or socially excluded.
- Through the use of 1:1 support, group work, befriending and 'activities out' the project aims to support young people to explore their social networks and recognise where they could make changes and develop a plan to build new or rebuild old networks.

Please contact **Scott Christie** on 0131 524 9878 or **Amanda Skinner** on 0131 524 9866 for further information, or see [www.rocktrust.org.uk](http://www.rocktrust.org.uk)



**Move on** in Edinburgh moved premises at the end of January to a brand new office at 34a Broughton Street, EH1 3SB. Move On works to prevent homelessness and support people affected by homelessness. By working alongside people, Move On enables them to develop the skills and tools they need to reach their own long-term solutions, leading towards a positive future. For more information Move On can be contacted on 0131 558 3740 or by emailing [mail@moveon.org.uk](mailto:mail@moveon.org.uk)



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