

## Acknowledgements

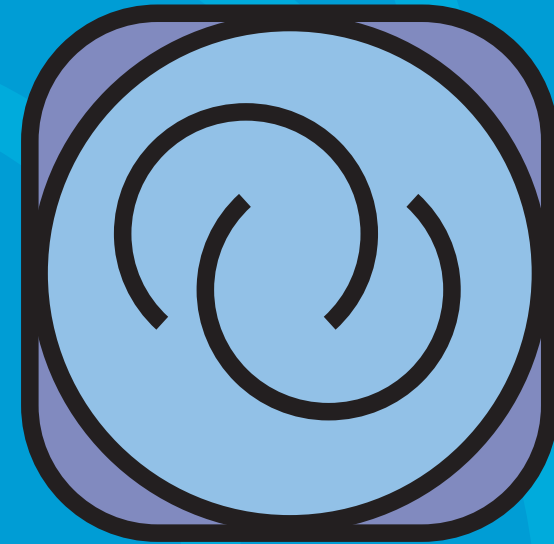
The training pack has been funded by The Scottish Government and developed by Scottish Social Networks with The Rock Trust [www.rocktrust.org](http://www.rocktrust.org). However this has been a collaborative effort involving:

- Scottish Mentoring Network
- Befriending Network (Scotland) Ltd
- Relationships Scotland - Family Mediation Service
- SAMH
- Scottish Council Single Homeless
- Edinburgh City Council

With additional ongoing development supported by:

- Berwickshire Housing Association
- Loretto Care
- Scottish Recovery Network
- North Lanarkshire Council
- Glasgow Homelessness Network
- Shelter
- Apex Scotland

and many more . . .



SCOTTISH  
SOCIAL  
NETWORKS

---

# Training Pack Information

---

**Do you work with people  
who have limited social  
networks? Read on.....**



SCOTTISH  
SOCIAL  
NETWORKS



Scottish Social Networks Forum

55 Albany Street, Edinburgh, EH1 3QY

T: 0131 557 4059 F: 0131 524 9879 Direct line: 0131 524 9869

E: [info@scottishsocialnetworks.org](mailto:info@scottishsocialnetworks.org) W: [scottishsocialnetworks.org](http://scottishsocialnetworks.org)

A project managed by the Rock Trust Charity No. SC018708 Supported by Scottish Government

## 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

The training pack takes you through delivering the training step by step. It is presented in a ring binder, with large clear print for ease of training delivery which also makes it easy to add subsequent new materials as they are produced. The pack is a continually evolving and growing resource building on the experience and suggestions of trainers, practitioners and partner organisations.

### How much will it cost?

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

### What's next?

Scottish Social Networks is working on a range of resources to promote social networks and help you and your organisation deliver support to your service users.

Additional resources, details about forthcoming training days and other events can be found on our website, where you can also download training pack revisions and updates, discuss issues, share information and get supplementary advice and support to deliver the training.

Alternatively, please contact us if you would like a training event organised specifically for your organisation.

## SSN Training Pack Order Form

Name:

Organisation:

Address:

Postcode:

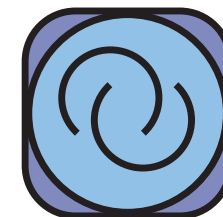
Number of packs requested:

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

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

Lesley Stenhouse  
Scottish Social Networks Co-ordinator  
The Rock Trust  
55 Albany Street  
Edinburgh, EH1 3QY

T: 0131 524 9869  
E: [info@scottishsocialnetworks.org](mailto:info@scottishsocialnetworks.org)  
W: [www.scottishsocialnetworks.org](http://www.scottishsocialnetworks.org)



SCOTTISH  
SOCIAL  
NETWORKS