**Fwd: Stronger Communities Update for Highland & Strathtay - 21 Jan 2021**

To [Sarah Blackwood](mailto:sarahblackwood94@yahoo.co.uk) [7 more...](https://stackmail.com/?_task=mail&_caps=pdf%3D1%2Cflash%3D0%2Ctiff%3D0%2Cwebp%3D1&_uid=45&_mbox=Sent&_framed=1&_action=preview#more) on 25/01/2021 11:19

[Details](https://stackmail.com/?_task=mail&_caps=pdf%3D1%2Cflash%3D0%2Ctiff%3D0%2Cwebp%3D1&_uid=45&_mbox=Sent&_framed=1&_action=preview#headers) [Plain text](https://stackmail.com/?_task=mail&_caps=pdf%3D1%2Cflash%3D0%2Ctiff%3D0%2Cwebp%3D1&_uid=45&_mbox=Sent&_framed=1&_action=preview) [Download all attachments](https://stackmail.com/?_task=mail&_action=plugin.zipdownload.attachments&_mbox=Sent&_uid=45&_token=F64hLaUNsumwTxLFucxYWpCGkc45ktK8)

* [2021 Jan Recovery Programme.jpg(~131 KB)](https://stackmail.com/?_task=mail&_action=get&_mbox=Sent&_uid=45&_token=F64hLaUNsumwTxLFucxYWpCGkc45ktK8&_part=2)
* [Mental Health Crisis Contacts.docx(~417 KB)](https://stackmail.com/?_task=mail&_action=get&_mbox=Sent&_uid=45&_token=F64hLaUNsumwTxLFucxYWpCGkc45ktK8&_part=3)
* [Self Management Websites (2).docx(~18 KB)](https://stackmail.com/?_task=mail&_action=get&_mbox=Sent&_uid=45&_token=F64hLaUNsumwTxLFucxYWpCGkc45ktK8&_part=4)
* [Mental Health Directory of Services Covid19.docx(~205 KB)](https://stackmail.com/?_task=mail&_action=get&_mbox=Sent&_uid=45&_token=F64hLaUNsumwTxLFucxYWpCGkc45ktK8&_part=5)
* [wellbeing leaflet (1).pdf(~240 KB)](https://stackmail.com/?_task=mail&_action=get&_mbox=Sent&_uid=45&_token=F64hLaUNsumwTxLFucxYWpCGkc45ktK8&_part=6)
* [Wellbeing Support Team Brochure (1).pdf(~1.3 MB)](https://stackmail.com/?_task=mail&_action=get&_mbox=Sent&_uid=45&_token=F64hLaUNsumwTxLFucxYWpCGkc45ktK8&_part=7)
* [Self Management Mobile Phone Apps Jan 2020.docx(~17 KB)](https://stackmail.com/?_task=mail&_action=get&_mbox=Sent&_uid=45&_token=F64hLaUNsumwTxLFucxYWpCGkc45ktK8&_part=8)
* [Get Nourished - New NHS Tayside Advice line.pdf(~849 KB)](https://stackmail.com/?_task=mail&_action=get&_mbox=Sent&_uid=45&_token=F64hLaUNsumwTxLFucxYWpCGkc45ktK8&_part=9)
* [blue\_get\_nourished.png(~447 KB)](https://stackmail.com/?_task=mail&_action=get&_mbox=Sent&_uid=45&_token=F64hLaUNsumwTxLFucxYWpCGkc45ktK8&_part=10)
* [Breathe YP Online Jan 2021.png(~800 KB)](https://stackmail.com/?_task=mail&_action=get&_mbox=Sent&_uid=45&_token=F64hLaUNsumwTxLFucxYWpCGkc45ktK8&_part=11)
* [Scotland-Cycle-Repair-Scheme-flyer-for-partners\_compressed (2).pdf(~576 KB)](https://stackmail.com/?_task=mail&_action=get&_mbox=Sent&_uid=45&_token=F64hLaUNsumwTxLFucxYWpCGkc45ktK8&_part=12)

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| **Subject:** | Stronger Communities Update for Highland & Strathtay - 21 Jan 2021 |
| **Date:** | 21/01/2021 13:52 |
| **From:** | ECS Dunkeld Com Learn - Generic Email Account <DunkeldComlearn@pkc.gov.uk> |
| **To:** | Undisclosed recipients:; |

Hi There

People and communities are struggling with their mental health and unfortunately, we are finding ourselves in the ongoing battle between covid and poor mental health. As a result of this, we have attached a variety of NHS recommended resources and would ask that you share and promote them with your local contacts so that this much needed information can be accessed by community members. In doing so we hope to address poor mental health and wellbeing of our local communities particularly in this current period of covid lockdown, so there can be a reduction in mental health impact through promotion of early mental health intervention.

As always, if your group are starting activities again, Please send your information to [CatherineGordon@pkc.gov.uk](mailto:CatherineGordon@pkc.gov.uk) so we can update this on the [www.pkc.gov.uk/coronavirus/communitysupport](http://www.pkc.gov.uk/coronavirus/communitysupport) webpage and share the details on our next email update.

**FUNDING**

(Remember to look at the newsletters listed further down this email for more funding information and other interesting news)

* [**Applications open this month for early learning and childcare places**](https://www.pkc.gov.uk/article/21929/Applications-open-next-month-for-early-learning-and-childcare-places?utm_medium=email&utm_source=govdelivery)

With the expansion of local funded early learning and childcare (ELC) provision almost complete, Perth & Kinross Council will be opening applications for 2021-2022 places in its own settings from Monday 18 January 2021.

* [**E-Cargo Bike Opportunity from Perth Bike Station**](https://mailchi.mp/fec584397e40/2ruz4bkae6?e=37ca8caa60)The Bike Station have two new electric cargo bikes and accessories that we are making available on lease to one or two 3rd sector organisations who could make good use of them for transporting deliveries or other loads that would normally need a car or van trip.  The bikes can each carry loads of 150kg, and because they are power assisted, you don't need to be super fit to ride them.     
  We are looking to lease each bike to a charity or social enterprise for free, for 3 months initially, although organisations would have to cover insurance costs for the duration of the lease and fulfil some criteria.   The Bike Station    [**thebikestation.org.uk**](https://thirdsectorpk.us7.list-manage.com/track/click?u=462697828a20fecd074548f9d&id=555e7fa861&e=37ca8caa60)

* **Does your bike need some TLC, but money is tight right now?**

Get in touch about free repairs up to £50, through the #ScotlandCycleRepair Scheme. The scheme offers £50 towards eligible repairs and is intended to be accessed by those who might be finding it hard to afford things at the moment.

[**www.cyclinguk.org/ScotCycleRepair**](http://www.cyclinguk.org/ScotCycleRepair) or see that attached flyer.

**JOIN IN & HAVE YOUR SAY**

* **Breathe Youth Project** have launched their plans for the next few weeks, including Movie Night, Fitness and Chat. Please see that attached flyer for more info.

* **North Perthshire Recovery Group**

The recovery café continues to grow across North Perthshire and next week's programme is attached.

Last week we were joined by Lucy Davidson, Wellbeing Coordinator for Highland Live Active.  We are hosting Mondays as a kick start into the New Year with some low impact exercise delivered online, this will run for the next four Mondays starting on Monday 11th January 2021 at 2pm.  Contact Lucy Davidson for more info and a link to join the exercise group. [Lucydavidson@liveactive.co.uk](mailto:Lucydavidson@liveactive.co.uk)     Mobile:07824304770

* [**Sunday Mail Young Scot Awards**](https://www.youngscotawards.com/)

Recently, young people have certainly shown everyone in Scotland how resilient and creative they are in times of hardship. So – now's the time to nominate the most inspirational young people in your lives and local areas for the **Sunday Mail Young Scot Awards 2021!**  
The Sunday Mail Young Scot Awards is Scotland's biggest celebration of young people and shine a spotlight on the outstanding contribution of those aged 11-26, who have made a real difference to the lives of others. From hundreds of entries, three finalists will be chosen in each of the categories. Categories include: Young Hero, Community, Volunteering, Unsung Hero, Enhancing Education, Sport, Health and Wellbeing, Equality and Diversity, The Arts, Entertainment, Environment, Enterprise, International and Young Scot of the Year 2021.  
  
Young Scot is urging people to nominate at **youngscotawards.com**before the deadline closes **14 February 2021.**<https://www.youngscotawards.com/>

* **New All Strong Projects in P&K** - Well & Connected at Home is a project which will provide free wellbeing opportunities and self-management support for up to 700 individuals in Perth & Kinross.

Funding has been made available from from the Community Recovery Fund and BOOST Charitable Trust, for 2 projects. Both projects are for participants, meeting specific requirements, who are residents of anywhere in Perth & Kinross.

**WELL & CONNECTED at HOME - Activity Focus (for 11 to 15 years) - for up to 500 participants:**

**This is aimed at children/teens who are facing additional challenges, through disadvantage, common mental health issues, or as young unpaid carers.**

**WELL & CONNECTED at HOME - Creative Focus (for 16 years plus) - for up to 200 participants.**

**This is aimed at adults aged 16 years and up, with common mental health issues, including anxiety, depression, chronic stress and low mood.**

All Strong are looking to partner with relevant local organisations in order to identify suitable participants and reach our target groups, to establish a specific safeguarding policy, to set-up service users with the app and to coordinate our delivery of the wellbeing bundles and 'on-boarding,' (digital or paper health form, registering for app, receiving bundle, engaging). Any partnering organisations will be promoted as partners in all of our social media and press releases.

All Strong have already contacted YMCA Tayside, The Breath Project Aberfeldy, MindSpace and PKAVS Carer's Hub. However, this is a Perth and Kinross wide project, and so they are also wanting to ensure they cover some rural areas and would like to connect with relevant organisations to facilitate this. **For more information please contact Andrew Douglas  Tel: 07493027053**[**www.scotlandallstrong.com**](http://www.scotlandallstrong.com/)

* **Be Active Be Well Winter 2021 Programme**

I are delighted to let you know that Scottish Disability Sport is extending our Be Active Be Well programme of physical activity and wellbeing sessions running from January-March. You can find full information on our website here: <https://www.scottishdisabilitysport.com/be-active-be-well-winter-2020-21/>. There is no cost to participate. If you would like any further information please contact.   Graeme Doig   Tel: 07999544549    Website:  [www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com/)    Email: [Graeme.doig@scottishdisabilitysport.com](mailto:Graeme.doig@scottishdisabilitysport.com)

* [**NHS Tayside are Recruiting Board Members**](https://mailchi.mp/dcb3078dacaf/9rxkbdjn95?e=b082ffdd86)

**Want to make a difference to the  NHS in your local area?**  
The NHS impacts on everyone's lives at one time or another and this could be your chance to get involved in improving, sustaining and protecting the health of the local population.  
NHS Tayside is looking for three people to join its Board.  This is a rewarding and worthwhile opportunity that will take up around 16 hours a week and last for up to 4 years.  In return, you will be paid £17,684 a year. You will also get reasonable travel and subsistence costs, dependent carer expenses and support to help you carry out your duties.  
We want to hear from people with a diverse range of skills, backgrounds and knowledge.  You do not need to be a health expert or have previous experience of being on a Board. You do need to have a commitment to helping us improve the health and wellbeing of the people living in Tayside.    
 **If this is you, we would like to hear from you.**[**https://mailchi.mp/dcb3078dacaf/9rxkbdjn95?e=b082ffdd86**](https://mailchi.mp/dcb3078dacaf/9rxkbdjn95?e=b082ffdd86)

* **Tell us how satisfied you are with your PKC Housing Services**

[**Take part in the Tenant Satisfaction Survey** **https://content.govdelivery.com/accounts/UKPKC/bulletins/2b9db15**](https://stackmail.com/#NOP)

We are currently carrying out our latest Tenant Satisfaction Survey (TSS) to find out what tenants think of their housing services.

This year's TSS is being carried out by contractor Knowledge Partners (KP) who are contacting a sample of our tenants over the phone to carry out the survey with them.

However, all tenants can take part through our [Consultation Hub](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAxMTguMzM0ODE1OTEiLCJ1cmwiOiJodHRwczovL2NvbnN1bHQucGtjLmdvdi51ay9ob3VzaW5nLWVudmlyb25tZW50L3RlbmFudC1zYXRpc2ZhY3Rpb24tc3VydmV5LTIwMjAtMjEvP3V0bV9tZWRpdW09ZW1haWwmdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSJ9.ZHJe6EAjwxoR7gacvYHrnj14CMqnC9kplIkqxPPepZE/s/835799990/br/93252634120-l).  Make your voice heard and take part in the TSS. We hope to publish the results by the end of February 2021.

* [**EU Exit Self Assessment Checklist**](https://mailchi.mp/70e6e3e9eaaa/v4duxztgtk?e=b082ffdd86)

Resilient Communities at Scottish Government publish a toolkit to help third sector organisations consider the potential impacts of a no-deal EU Exit on their respective organisation.  The 'Self-Assessment Checklist' may be a useful exercise to explore with your management committees and/or Trustees.  If you would like a copy please contact [Lori.Hughes@pkavs.org.uk](mailto:Lori.Hughes@pkavs.org.uk)  <https://mailchi.mp/70e6e3e9eaaa/v4duxztgtk?e=b082ffdd86>

* **The  'Get Nourished' Advice Line**(01738 450556) has been changed with different time settings.

            More information on the 'Get Nourished' Advice Line is **attached** as well as a poster. It is important for those living in Tayside who are losing weight unintentionally, with a poor appetite know about the phone line to receive the help and support they need to prevent malnutrition.

            If you have any queries, please contact Rachel MacFarlane, Health Improvement Practitioner Nutrition, Phone - 01738 473507 ext 55748, Mobile - 07773 109553, Email - [Rachel.MacFarlane@tayside.nhs.scot](mailto:Rachel.MacFarlane@tayside.nhs.scot)

* **Nourish Scotland will be delivering a set of workshops.**

Three dignity workshops have been scheduled for Tue 19th and 26th of January at 2pm and 2nd of Feb. The link is :   <https://www.eventbrite.co.uk/e/copy-of-relaunching-emergency-food-provision-dignity-during-covid-19-tickets-135341555235>

The workshops are already showing high demand (January workshops are almost full) and they have increased the number of attendees to 25 in order to give more people the opportunity to attend.

                For more info. contact Diane Lambie, Senior Policy Officer, Tackling Food Insecurity, Social Justice Delivery Unit   T: 0141 242 0392     M: 07887831032

* **COSS webinar in Asset Transfer for Community Groups**

* **Community Ownership Webinars**

I am pleased to announce that we are ready to launch the first webinar in our COSS**Assets for People and Places** series. These webinars are aimed at groups who are interested in asset transfer.

In Webinar 1, I will be going through the rights that groups have under Part 5 of the Community Empowerment Act and what they will need to think about in terms of being ready for an asset transfer.

The webinar will run twice to give people who are working but also volunteering on Boards a chance to attend, as well as those volunteers who are available during the day on 21st and 28th January (a morning or evening 2 hours slot).

<https://dtascommunityownership.org.uk/events/module-1-introduction-community-asset-transfer-presentation>

Contact: Lynn Molleson, Advisor, Community Ownership Support Service,   T: 0131 225 2080 | M: 07985211428 | W: [www.dtascommunityownership.org.uk](http://www.dtascommunityownerahip.org.uk/)

* **Free Learning Opportunities with UHI**

The Scottish Funding Council is funding a number of UHI modules**–** **starting from w/c 25th** **January 2021 –** specifically aimed at developing and upskilling individuals and the workforce, for regional economic recovery. **These are free of charge.**  
Modules cover digital skills, healthcare sectors, leadership and management, and mental health and wellbeing.  More info available here:  [**https://www.uhi.ac.uk/en/business/upskilling/modules/**](https://thirdsectorpk.us7.list-manage.com/track/click?u=462697828a20fecd074548f9d&id=5fbf975bde&e=b082ffdd86)  
It's a very quick turnaround but please pass on to anyone that you think might be interested. The applications deadline is this Friday 22nd January, but all modules come at no cost and will be**delivered online**.

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**NEWS & EVENTS**

* **Gaelic language & Culture Events Online**

            Bliadhna mhath ùr!   I hope this finds you all safe and well.

Although we're not able to put on in person events yet there are some great opportunities available online connected to Gaelic language and culture.This includes some connected to the Perth and Kinross area that you may be interested in. The following events are all free 😊

**Wednesday 27th January at 6.30pm -  Siubhal Tìr an Tatha : Pàirt 2 le Iain Moireach / Exploring The Tay's Gaelic Landscape: Part 2 with John Murray**  John Murray's second webinar exploring the Tay's Gaelic Landscape will cover Rannoch down to Pitlochry. Details of the event and how to book can be found here: <https://bit.ly/PFT_JM2>

**Tuesday 9th February 7.30pm – Gaelic in Historic Perthshire**I'm doing a talk for the Callander Landscape project about Gaelic language and culture in historic Perthshire, covering topics such as folklore, history, place-names, songs, poetry, and celebrated figures. Booking at the following link <https://www.callanderslandscape.org/event/gaelic-talk/>

**Tuesday 25th February 7pm – 9pm – Gaelic in the Fife Landscape with John Murray**A journey through Fife's Gaelic landscape. Booking via <https://www.eventbrite.co.uk/e/gaelic-in-the-fife-landscape-tickets-136308379031>

**Celtic Connections 2021**Finally, Celtic Connections has started, you can enjoy two weeks of live music and some workshops from the comfort of your own home for £40 or sign up to individual events.

<https://celticconnections.vhx.tv/products>

Please pass on to others who may be interested too 😊    Le dùrachd, Aileen Ogilvy, Gaelic Development Officer, Perth & Kinross Council

* **CPK Play**

Recognising that the pandemic and associated restrictions are impacting on the experience of services for children and their families, Culture Perth and Kinross have developed a brand-new website full of activities, short films, top tips and creative ideas to keep everyone entertained over the festive season and beyond. The colourful site invites people to be playful and explore collections and resources which it is otherwise difficult to do in venues. Resources can easily be downloaded from the website for use at home. The website also offers a rich resource for schools, nurseries and out of school care clubs who are not able to make their usual visits to the libraries, archives and museums run by Culture Perth and Kinross.

[***https://cpkplay.co.uk/***](https://cpkplay.co.uk/)

**NEWSLETTERS**

·         The latest (ninth) edition of the special community support edition of The Bridge can be downloaded here <http://www.dunkeldandbirnamnews.co.uk/home/corona-virus-support>

·         West Stormont Woodland Group [West Stormont Woodland Group - West Stormont Woodland Group](https://www.weststormontwoodlandgroup.org.uk/)

**FINALLY.....Vaccine Scam Warning** - We have received reports that a fake NHS text message is circulating, telling people that they are eligible to apply for the COVID-19 vaccine.  
  
When you click on the link, you are taken to a convincing fake NHS website that asks for personal details **including bank account information.** Any text message containing a link should be treated with caution. The best way to find information from GOV.UK, or any other agency, is to visit that particular website via a trusted source (such as through Google or Bing) and do not click on links in unsolicited texts or emails.  
  
There have also been reports of criminals making telephone calls and asking for payment over the phone before you can attend your vaccine appointment. **The vaccine is free**. If you receive such a call, please hang up immediately.  
  
These scams appear very convincing. If you think you have been a victim of fraud:  
  
Please let your bank know immediately.  
If you are receiving unwanted phone calls, please let your service provider know. You may wish to consider a landline phone with inbuilt call blocking functions. These are available via some supermarkets and online stores.  
Contact Police Scotland on 101 or contact Advice Direct Scotland on 0808 164 6000  
  
For information on the COVID-19 vaccine, visit:  
<https://www.nhsinform.scot/healthy-living/immunisation/vaccines/coronavirus-covid-19-vaccine>or call 0800 030 8013

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