

Community Briefing – 27.03.26

Dear Colleagues and Partners,

Welcome to the fortnightly Community Briefing delivered in collaboration with the Highland Community Planning Partnership and Highland Council, containing information about funding, training, support, resources, and news for Highland wide and local communities.

If you have anything you want included in a future Briefing, please e-mail: policy6@highland.gov.uk

To join the mailing list complete this short form: <https://forms.office.com/e/rSS3hXbGTa> or scan the QR Code:



FUNDING	NEWS
Tesco Stronger Starts funds thousands of local community projects across Scotland and the UK. Eligible Tesco stores in Thurso, Wick, Ullapool and Tain. Applications welcome from groups and projects that support children and young people with a stronger start in life. A wide range of projects fit the bill - improving school playgrounds, biodiversity, growing and food projects, outdoor play and adventure, community arts projects and purchasing kit for healthy activities. Projects that include a food element (e.g. providing healthy snack or lunch) are currently being prioritised.	Directories: The Highland Community Planning Partnership website now has a page dedicated to Directories, here you will find links to ALISS, Highland Directory of Services and Highland Mental Wellbeing. Click here to find out more. Scottish Parliament Election – May 2026 The Notice of Election for the 2026 Scottish Parliament Election was published on Monday 16 March 2026. Polling will be taking place in the following three Highland constituencies.

The scheme provides grants of up to £1500. To find out more or to apply, please visit the Tesco Stronger Starts page [here](#).

- **The National Lottery** is investing an extra £2.2 million to help communities across Scotland deliver Glasgow 2026 Commonwealth Games-inspired activities. Through Awards for All Scotland, groups can apply for up to £10,000 to boost participation in arts and sport, strengthen communities, support wellbeing, celebrate diversity, and create a lasting local legacy. To find out more, click [here](#).
- **Highlands and Islands Enterprise - Community and asset development:** HIE can offer support to help communities in the Highlands & Islands own and manage land and assets, including the Scottish Land Fund (£5,000–£1m), Community Assets Knowledge Exchange grants (up to £2,000), and the Community Right to Buy Fund (up to £5,000), plus guidance and routes to community ownership.

Deadline: Ongoing

- **Scotland's Household Hardship Fund** are now accepting applications from charities, community groups and social enterprises across Scotland can now apply for funding to provide direct financial support to families and children on low incomes through the Household Hardship Fund.

The £1.5 million fund is provided by the Scottish Government and administered by the Corra Foundation, with the aim of helping families meet urgent and essential needs through cash payments or vouchers.

The programme is designed to reach organisations with strong local connections that are already working closely with children and families experiencing financial hardship. Funding is intended to provide immediate relief for pressing costs such as food, fuel, phone and internet access, warm clothing and other essential items.

- Caithness, Sutherland and Ross.
- Inverness and Nairn.
- Skye, Lochaber and Badenoch.

[Nomination forms](#) and all information about the election is available on [The Highland Council's website](#)

- **Highland Hospice – No one Dies Alone:**



- **Armed Forces Covenant: Education Health and Housing:** Highland Council and NHS Highland holistically support our Armed Forces and Veterans community and deliver the Armed Forces Covenant Duty. More information can be found [here](#).
- **Highland Senior Citizens Network:** A great website with recent news including the health benefits of social connection, local activities including creative sessions, games, rewilding, veterans' advocacy, youth mentoring, intergenerational events, and community lunch clubs. Updates on carers' research, dementia support, fire safety visits, vitamin D guidance, flu vaccination, energy-saving tips and more.
- **Fort William Integrated Transport Plan – consultation:** A public consultation on the Fort William ITP is now live. Currently you can view information about the project [here](#). This includes a link to a survey seeking views on the proposals.

Groups with an annual income under £125,000 can apply for grants between £500 and £7,500. Organisations with an income between £125,000 and £250,000 may apply for grants of up to £15,000. Up to 10% of the grant can be used to cover delivery costs.

Eligible organisations must be based and operating in Scotland, have an annual income below £250,000, and be able to demonstrate a clear plan to distribute funds directly to families and children by 15 June 2026.

Applicants should apply as soon as possible as demand is expected to be high.

The Fund will close once all funding has been fully allocated.

- **National Lottery Awards for All Scotland:**

The National Lottery funds projects that bring people together and help communities across Scotland thrive. Social connections and community activities are at the heart of healthier, happier lives, that's why they support community-led projects. For more information, including application guidance, please click [here](#).

- **[The National Lottery Community Fund \(Scotland\) - Strengthening Organisations](#):**

This funding is for organisations in Scotland, that we currently fund. We want to support organisations to try out new ideas and ways of working. Or to develop their organisation and improve their current work.

Deadline: Ongoing

- **The Highland Youth Local Action Group** has launched the **Youth Impact Fund**, supported by Community-Led Local Development funding through Highland Council and facilitated by the Highlands and Islands Climate Hub. The fund empowers young people aged **16–30** to design and deliver projects that strengthen

There are further details, information, and background to the project available on the HITRANS website [here](#).

The survey closes: **Monday 13th April 2026**.

Any comments or questions during the engagement period can be made directly through the dedicated project email FortWilliamITP@aeom.com.

Please also see documents attached.

- **Social Security Scotland** is running a short survey for people who support our clients or work in partnership with them. It gives you a chance to tell them about your experience of dealing with Social Security Scotland over the past year.

You can [take part in the survey online](#).

A [dark mode-friendly version](#) of the survey is also available.

The survey will close on Wednesday 25 March. Completing the survey will take around 10 to 15 minutes.

Who can take part?

The survey is open to everyone who works with our clients or works in partnership with Social Security Scotland.

We would like to hear from as many people as possible. Please feel free to share the survey with others who deal with Social Security Scotland or work with our clients.

Confidentiality

Taking part is voluntary and your responses will be confidential. No one will be able to identify you in any of the reported results. Only people working in the research team will be able to see your responses.

What do we do with the results?

connection, fulfilment, development, and change across Highland.

From **1 April to 15 May 2026**, young individuals can apply for up to **£500**, and community organisations can apply for up to **£2,000** (except those in Inverness City and Badenoch & Strathspey). The YLAG is also inviting new young members to join its decision-making panel, offering opportunities for skill-building, leadership, and national networking. For more information, please see document attached.

- **Bank of Scotland Foundation’s Energise Programme to re-open on March 23rd!**

The Bank of Scotland Foundation will soon reopen their Energise programme, a programme focused on supporting charities registered in Scotland that work with vulnerable groups and are alive to the real issues on the ground.

The following levels of **funding** are available:

Charities with an income of below £50,000 can apply for a grant of up to £20,000 (£10,000 per year over two years).

Charities with an income of between £50,000 and £150,000 are eligible for a grant of up to £40,000 (£20,000 per year over two years).

To be eligible, applicants must:

Operate in Scotland.

Have a minimum of one year of accounts lodged and checked at OSCR.

Have an annual income of under £150,000.

Work with vulnerable groups.

Funding is unrestricted to allow charities to use the funding in the way they feel to be most beneficial and can be used towards core costs, delivery costs, project costs and/or project running costs.

- **SSEN Transmission: Skye Reinforcement Local Fund Consultation: SSEN**

Transmission is launching a consultation on the development of a new community benefit fund for communities along the

Your views are very important to us. They help us to understand if we are delivering the commitments of **Our Charter** and what improvements we can make. After the survey closes, researchers will analyse the results and publish a **research report**. We also **survey our clients** and our colleagues and all of this contributes to the **Charter Measurement Framework** results that we publish annually. The findings will also be used in Social Security Scotland’s first annual Performance Framework report, also published in Autumn.

Further questions?

If there’s more, we can do to help you take part, please let us know. You can contact us by emailing ResearchRequests@socialsecurity.gov.scot or you can phone our research helpline for free on 0800 029 4974, Monday to Friday, 9am to 3pm.

Don’t lose your chance to have your say at the Scottish Parliament election in May: With only 8 weeks to go until the voter registration deadline for the Scottish Parliament election on 7 May, anyone who wants to vote must make sure they are registered in time.

Clear, trusted information about registering to vote and all your voting options can be found on the Electoral Commission’s website.

- **Age Scotland** has awarded **£314,662** in grants to **25 community-led dementia projects** across Scotland. The funding, delivered through the **Encouraging and Supporting Grassroots Activity (ESGA) fund**, supports local groups to strengthen community-based help for people living with dementia and unpaid carers. Decisions were shaped by a panel including people with lived experience, and grants of **£5,000–£20,000** will be distributed by April 2026 to help projects begin delivering impact quickly. You can find out more [here](#).

Skye Reinforcement Project route. The £5.46m Skye Reinforcement Local Fund will provide dedicated community benefit funding to those living along the route, including all community council areas within Skye & Raasay, Glenelg & Arnisdale, Glengarry, and Fort Augustus & Glenmoriston.

SSEN Transmission is committed to ensuring that this funding reflects the priorities of the people who live and work along the route. The consultation, launching next month, welcomes thoughts and views of all community members in the area to help shape how the fund is designed and delivered. To find out more, visit the SSEN Transmission Community Benefit [website](#) or contact community.benefit@sse.com

- [Warmer Homes Scotland:](#)

Need help to make your home warmer?

If you need help to reduce your heating bills and make your home cosier, you could receive support worth £10,000 or more from the Scottish Government. You could be eligible for energy-saving home improvements like heating and insulation to help make your home warmer, cosier and cheaper to heat.

- [CARES funding](#) is now open for applications for the 2026/27 funding year. CARES supports a wide range of community energy projects - from community ownership of renewable technologies to installing renewable systems in community buildings, as well as community benefits and shared ownership opportunities. Applications are now open, and we encourage you to apply as soon as possible. We will process, assess and queue applications. However, due to the Scottish Election in May, we cannot issue grant offers or confirm overall scheme funding until a new Government is in place and approves new awards. Read on to find out more about these funds and if they could support your community energy project.

- **Exam Season Support:** As we approach the Easter break and the height of the exam season, we know that many of your students are feeling the pressure and may need some support.

Here's a selection of resources to help you support your pupils during this time and remind them we're here over Easter.

[Access the full toolkit here](#)

It is important to remind your pupils that:

There are ways to manage feelings of stress or worry during exam season, visit the Exam stress calm zone.

Exams don't define who they are, or measure everything, see our popular article 10 things standard exams don't measure.

Self-care is important. Help them tackle feelings of exam overwhelm with our Self-care bingo card

There are tips on navigating exams and big changes in our Exam stress and managing change video (ideal to use in assemblies, PSHEC and tutor time)

For families we have:

Guidance on supporting your child through exam stress

How you can help your students:

Raise awareness of Kooth's free wellbeing support available to your pupils by displaying the exam support poster.

[Use this form](#) to book an exam stress or transition-themed assembly to introduce your students to Kooth's safe, anonymous community. You can also order free print materials and arrange staff training on Kooth and how digital mental health support works.

Please remember we are here over the Easter holidays. Our BACP-accredited digital service provides free, safe, and anonymous support with no waiting lists or

- **Hydro Community Fund:** At SSE Renewables, we are proud of our hydro heritage which has been vital to bringing clean energy to the north of Scotland for over 80 years. Our new £10 million community fund is open to projects that support residents in the community council areas which proudly host our hydro assets.

The Hydro Community Fund priorities are:

To protect the natural environment of the local area, including landscapes, natural habitats and biodiversity.

To enhance access to safe, affordable and sustainable community transport opportunities and low-carbon solutions within the local area.

To improve access to affordable, quality and safe housing, including developing community housing initiatives, enhancing local housing stock and improving home energy efficiency schemes.

To encourage the establishment and sustainable economic growth of small businesses, including social enterprises.

To develop and improve community assets and infrastructure such as halls, hubs and paths.

To promote the physical and mental well-being of communities through community arts, culture, sports and recreation.

For this fund, the panel are also interested in projects that support education, skills development, and employment opportunities. However, no specific priority will be given, as all project areas will be considered equally.

- **BeConnected Highland – Put your community project on the map:** The Highland Council is piloting BeConnected, a new digital platform to support community organisations and groups in accessing funding, in-kind support, and

referrals needed. Live chat opening hours remain the same: 12pm- 10pm on weekdays and 6pm- 10pm on weekends. All other parts of the platform including the journal and goal setting features, wellbeing articles, forums and messaging service are available 24/7.

- **Think Health Think Nature Newsletter:** Welcome to the Spring edition of the Think Health Think Nature e-newsletter. The light is returning, new life is emerging, some of the early flowers are blooming. It's a hopeful time of year. You might have noticed, we've moved to a quarterly format- following the seasons of the year. Please do get in touch if you'd like to add anything to our Summer Edition which will land in your mailboxes in May- a wee bit early to celebrate Green Health Week- more on that below!
- **Social Security Scotland Improvements to Carer Benefits:** from this week, carers who look after more than one person for at least 20 hours a week will be able to claim the new Carer Additional Person Payment, worth over £500 a year for each additional cared-for person.

Other improvements include extending Carer Support Payment following the death of the cared-for person from 8 to 12 weeks and replacing Carer's Allowance Supplement with Scottish Carer Supplement which will be paid alongside Carer Support Payment rather than in two annual payments as it is currently – meaning carers receive extra support more consistently and regularly.

We're promoting the changes through our networks, as well as through radio and social media advertising, to let carers know about the additional support now available.

You can access a range of resources to let your service users know about the changes, and other payments they might be entitled to, on the Social Security Scotland website: [Resources - Social Security Scotland](#)

opportunities to collaborate across the region.

Traditionally, community funding has been accessed through open calls for projects. While this approach has enabled many successful projects and initiatives, short competitive funding windows can also lead to oversubscription and disappointment for groups unable to secure support. In response, the Council is evolving its approach to ensure that funding decisions are better aligned with local priorities, particularly those identified within Area Place Plans, and to make support more accessible to groups at all stages of project development.

BeConnected is an interactive online map that allows community groups to highlight priority projects they are working on in their area. By doing so, it provides funders, including the Community Regeneration Fund, with a clearer picture of grassroots activity across Highland and enables them to track the progress of emerging proposals. Community groups are encouraged to explore the map, familiarise themselves with their Area Place Plan and add their projects to ensure they are visible to funders and potential partners. For more information please visit - [BeConnected Highland](#)

- **HTSI CLLD Fund:** HTSI plan to open a new CLLD (Community-Led Local Development) Fund on Friday 13th March.

These funds are open to third sector organisations operating community-led local projects, aimed at delivering activities in remote and rural areas of Highland.

These projects should be aimed at reducing child poverty in line with below themes:

Increase income by supporting parents to gain and sustain employment

Reduce cost of living and maximise income

- **NHS Highland 10 Year Strategy to Shape the Future of Health and Social Care Across Highland:** NHS Highland is developing a new 10-year strategy to help shape the future of health and social care across Highland, Argyll and Bute and we want to hear from as many people and organisations as possible.

Despite recent improvements, Scotland still has poor health compared to similar countries, and over the next 20 years we expect significant increases in cancer, heart disease and dementia. We know that good health is shaped by far more than healthcare alone it depends on the communities people live in, the work they do, the connections they have, and the opportunities available to them. Our new strategy will look beyond traditional healthcare to tackle health inequalities and invest in the long-term wellbeing and sustainability of our communities.

To find out more about what we are doing and why, watch our short video here.

We would welcome your support in making sure as many voices as possible are heard. There are three simple ways you can get involved:

Complete our short public survey, which is open to anyone living in Highland, Argyll and Bute. You can find it by visiting the Engagement Hub and scrolling to 'share your thoughts'.

Display the attached poster in your facility to let the people you work with know the conversation is open.

Share the Engagement Hub link with anyone in your networks - colleagues, clients, friends and family. Every response helps us build a clearer picture of what matters most to our communities.

If you have any questions or would like to find out more, contact the NHS Highland strategy team at nhsh.strategy@nhs.scot

Deliver whole family support to improve outcomes and wellbeing

Support children and young people to reach their full potential and break the cycle of poverty in the long term

**The funding excludes activities in Inverness and Badenoch & Strathspey, in line with the Community Regeneration Fund.*

To help you find out more and prepare to apply, we're hosting a lunchtime briefing session where we'll cover key information about the fund, eligibility criteria, and the application process. There will also be an opportunity to ask questions. If you're unable to attend live, please note that the session will be recorded and uploaded online for later viewing.

[CLICK HERE](#) to reserve your place

[CLICK HERE](#) to find out more

- **The Robertson Trust** provide funding to third-sector organisations that help people and communities in Scotland living with poverty and trauma. Information on who and what they fund, useful links and resources and FAQs can be found [here](#).
- **Robertson Trust Offer for Small Grant Holders:** The Supporting Resilience Fund offers £2,000–£10,000 to Small Grant Holders to invest in work that strengthens their organisation from the inside.

This funding is for organisational and staff resilience rather than programme delivery. It is intended to support internal development, creating space to address pressures that are often difficult to fund but are essential for long-term sustainability.

We are prioritising Small Grant Holders in recognition that these organisations often have fewer reserves and less flexibility to invest in resilience-building activity.

What could the fund support?

You can also find more information in the accompanying documents attached.

- **The Military Liaison Group (Education)** ran a **DESIGN A LOGO COMPETITION** to celebrate and promote the Month of the Military Child in Highland. The Month of the Military Child is celebrated in April every year across the world, and the winning logo of this competition will be used every year to promote and mark this celebration across Highland. MLG are proud to have a logo designed by a child or young person that is unique and exclusive to Highland to mark Month of the Military Child.

Update:

The Judging Has Taken Place!

An incredibly tough task was ahead of the judges as they saw the overwhelming response! They were impressed by the creativity and thought that had gone into all the entries.

The winner can now be revealed! Click [here](#) to see the winning logo!

- **The Scottish Government** is currently seeking views on its refreshed *Good Practice Principles for Community Benefits from Onshore Renewable Energy*. The updated working paper outlines new proposals aimed at strengthening national guidance on how communities can benefit from onshore renewable developments, including fund levels, governance, and support for local decision-making. Communities, stakeholders, and interested groups are encouraged to review the proposals and share their feedback. You can read the working paper [here](#).
- **Highland Repair Directory:** The Highlands and Islands Climate Hub is pleased to welcome the Highland Repair Directory to their list of projects supporting communities in Highland. The Repair Directory is an online resource which makes it easier for people to share or

The fund can support a wide range of activity aimed at strengthening your organisation's foundations, including:

Leadership, governance and strategic planning

Financial planning, systems and infrastructure

Organisational development and sustainability planning

Staff and volunteer wellbeing, particularly in high-pressure or trauma-informed environments.

For more information, including how to apply for the fund, click [here](#).

- **SSEN Distribution's Community Funding:** Almost £350,000 has been awarded to successful applicants in the 2025 round of SSEN Distribution's Powering Communities to Net Zero fund.

A total of 25 projects across the Highlands, Western Isles, Argyll, Perthshire, Angus, Aberdeen City, Shetland and Aberdeenshire are receiving grants.

Successful projects include the installation of heat pumps and solar panels at community hubs, the purchase of pavement gritters, and flood-protection equipment.

A total of almost £350,000 in grant funding has been awarded to not-for-profit community groups in Scottish and Southern Electricity Networks (SSEN) Distribution's north of Scotland licence area in the 2025 round of the Powering Communities to Net Zero fund.

The fund has two aims; firstly, to support groups who are looking to cut the carbon from their activities through the adoption of solar panels, battery storage, EV chargers and heat pumps. And it also seeks to help communities become better prepared ahead of severe weather which

repair items, instead of sending them to landfill and replacing with new. For more information, click [here](#).

- **Free Period Products** are available in Highland to everyone who needs them. They can be accessed at community locations, through a home delivery service and are also available to pupils in schools. For more information and how to access products, click [here](#).

may affect the local electricity network and cause the power to go off or have other impacts.

Successful applications in the north of Scotland include requests to fund the installation of solar panels in village halls, heat pumps in community centres, an emergency exercise training session, and neighbourhood pavement gritters.

A total of 10 low carbon technology and 15 resilience projects are being funded in the north of Scotland, with values of £189,000 and £160,000 respectively.

The fund has a total value of £3m and runs annually, concluding in Spring 2028 at the end of the current ED2 price control period. The fund will reopen for applicants as part of the 2026 round in March. For more information, and to read the full details of what's involved in applying, click [here](#).

- [HTSI](#) produce a monthly Funding Bulletin for their [members](#), which details current funding opportunities in Highland. They can provide workshops for staff or volunteers in Highland's third sector, to address some of the challenges they're aware of when it comes to applying for funds. They also distribute funds to third sector organisations on behalf of agencies in the public sector, find out more information here: [HTSI Funding](#).
- The [National Lottery Community Fund](#) has a number of Funding Programmes available including Awards for All, Community Action Scottish Land Fund, Climate Action Fund and more, many with a focus on Scotland. Find out more information [here](#).
- **S4GI Community Benefit Fund:** S4GI partner Cellnex UK has grants of up to £2,000 available to support initiatives focused on digital projects, community wellbeing, learning & development and more. The fund will prioritise projects

located near any of the 55 S4GI mobile masts. Communities and organisations interested in applying can find further information about eligibility criteria and a link to the application process on Cellnex’s website: S4GI Community Fund Additional LP - Cellnex.	
TRAINING/EVENTS	EMPLOYABILITY/VOLUNTEERING
• Money Counts Brief Conversation: This module is aimed at all staff and volunteers in the public sector and third sector organisations and community groups that work with individuals and who could have a brief conversation about income maximisation and what support is available. Please see attached flyer for information on the Support Conversations course taking place on April 8th from 10-11:30AM and the Poverty Informed Practice session on May 12th from 11-1PM. • Feel Heal Real Food: Skye-based food action group ReRoot is organising an interactive food information day called Feel Heal Real Food, on Saturday 25th April, at Broadford Village Hall, from 11 am to 4 pm. The aim is to start a conversation around healthy diets, strengthening our local food resilience and making healthy food accessible for all. We hope that people will be inspired and encouraged to find out	• Connecting Carers: A Highland based Chairty that provides support to unpaid carers (Carers) – people who look after a loved one, friend, or neighbour due to illness, disability, mental health conditions, or age-related needs. Please see attached flyer and poster for further information. • SLCVO Community Hub and Service Coordinator: SLCVO is seeking a warm, organised, and proactive individual to join our team as a Community Hub and Service Coordinator. If you’re someone who thrives on building relationships and making a real difference in rural communities, this role offers the chance to do exactly that. You will help deliver our Community Hubs across Skye & Lochalsh—bringing essential wellbeing, welfare, health, financial and social support directly into local communities—and provide vital support to our Befrienders Service. If you enjoy working with people, coordinating

more and get involved with our food system. For example, by growing our own food, buying more local food, knowing how to prepare good food cheaply or being more conscious of what is in the food that we buy and where it comes from.

There will be four in-depth talks: two by the Rowett Institute (Scotland's food research institute at Aberdeen University), talking about the gut microbiome and ultra-processed foods, and on adapting crops and supply chains in our changing climatic conditions. Helen O'Keefe, young crofter of the year, will speak about setting up a food hub in Sutherland, and Nourish Scotland will talk about their work to ensure healthy and affordable food for all.

There will be 20 stalls on all aspects of food from production to consumption, and a food growing area with seeds and seedlings to take away.

Chef John Coghill will create a healthy plant-based meal (free) with the help of the Broadford Youth Club and Corry Capers Outdoor Learning group, and there will be workshops and demos on making different foods. Some stalls will be selling food or offering samples to try out.

Entry is free, and it's drop in. Everyone is welcome.

For more information visit the webpage at www.skyeclimateaction.org/reroot/ or email ReRoot@Tighgorm.scot

- **Shape Scotland's Energy Future: community energy hustings:** Come along – or join remotely – to our community energy hustings, where candidates from across the political spectrum will face your questions on local power.

For more information, click [here](#).

activities, and helping communities thrive, we'd love to hear from you.

For more information, click [here](#).

- The **Highland Adult Learning Development Group** have published their first bulletin. Use this link to access the bulletin: [HALDG Newsletter](#) or scan the QR code:



- **Volunteer Academy:** The Highland Volunteering Academy is dedicated to sparking and nurturing a movement of engagement through volunteering, tailored to the challenges and opportunities of the 21st century with our evolving and diverse communities. Find out what volunteering opportunities are available [here](#).
- **MyJobScotland:** for public and third sector [vacancies](#).
- **totaljobs:** for private sector [vacancies](#).
- **Work.Life.Highland:** one-stop support for job seekers, low-income parents & employers in Highland—offering advice, training & employability services. For information on news, events and how to get in touch, click [here](#).
- **HTSI Fellowship Programme:** Designed to advance volunteer practices through targeted learning and collaboration, through grants to undertake study and learning visits. HTSI now four live Fellowships open for application. Full details and application instructions can be found on the Volunteer Academy [website](#).

- **Kyleakin Family Engagement Event:**



FAMILY ENGAGEMENT EVENT

BOUNCY CASTLE

MESSY PLAY

DRINKS AND SNACKS

EMPLOYMENT ADVICE

Free Entry

KYLEAKIN COMMUNITY HALL
WED 8TH APR
10:00 – 2:00
Kyleakin Community Hall, Kyleakin, Isle of Skye, IV41 8PQ.

JOIN US FOR AN EXCITING PARENT AND FAMILY ENGAGEMENT DAY!



- **Active Play Training Session!**



ACTIVE PLAY TRAINING

Helping children lead happier and healthier lives.

Active Play Training provides adults working with children with the knowledge and confidence to facilitate fun and inclusive active play with the goal of increasing children's physical activity!

SCAN ME TO SIGN UP

FULLY FUNDED TRAINING AVAILABLE

What's Involved?

2 Hour Practical Workshop: practical instruction on how to facilitate and adapt to ensure Active Play games are Fun, Inclusive and Active, enhancing physical activity for all children.

eLearning on Actify Platform: deepen your knowledge and understanding of children's physical activity and the role Active Play has in benefiting children's physical activity and physical literacy

<https://actifytech.tysofarm.com/na/beSKGjIC>

Developed and delivered by **ACTIFY**

In partnership with **Scottish Government** **INSPIRING SCOTLAND**

www.actify.org.uk/apr

Sign up using the QR code in the poster above or click [here](https://actifytech.tysofarm.com/na/beSKGjIC).

Deadline to sign up is March 30th at 5PM.

• What's on West Highlands – April: A range of fantastic provision across the month of April, from drop ins at Glendale and Dunvegan to a Dementia Advisor Drop In at Portree Library – and much more. More information can be found in the document attached. • What's on South Highlands – April: A range of fantastic provision across the month of April, from Carers Support Group, Easter Art, crochet, Book Club and much more. More information can be found in the document attached.	
MENTAL HEALTH & WELLBEING	COMMUNITY SAFETY & RESILIENCE
• Highland Mental Wellbeing – this website is a list of services, information and training around the subject of mental health and wellbeing. It also provides information about training and resources for community/service volunteers or paid staff, in a 'helping' or supporting role. The Highland Mental Wellbeing website is accessible on desktop and laptop computers, mobile devices and wherever an internet browser is available. www.highlandmentalwellbeing.scot.nhs.uk  • Introduction to Mental Health and Wellbeing Training: Who should attend? This is an introductory course for everyone working in any health, social or community care setting with no experience of training in mental health and well-being. The training is online via Teams. The course aims to: Describe what mental health is and what contributes to it positively or negatively. Identify signs and symptoms of depression and anxiety and the impact of stigma and discrimination. Demonstrate effective communication.	• Police Scotland recognises that the events and incidents occurring in the Middle East will impact individuals and communities here in Scotland causing increased concern and tensions. Police Scotland is committed to keeping people safe and we have officers within your communities to provide reassurance and assistance. We will continue to monitor developments and work closely with local partners to ensure people and communities have the support required whenever they need it. Anyone with concerns can speak to local officers or contact us by calling 101, or 999 in an emergency. If you are a victim or witness to any crime or targeting of individuals and communities, this can also be reported using our online hate crime reporting form on the Police Scotland website. • Community Resilience Stress Testing Model Pilot: The Highlands & Islands Climate Hub is looking to pilot a new approach to stress testing Community Resilience Plans across three communities in the Highlands. The process uses realistic, scenario-based exercises to activate and

Signpost people to support and help.

Describe the importance of recovery.

Dates & Times:

Wednesday 1st April 10.00am – 1.00pm

How to apply?

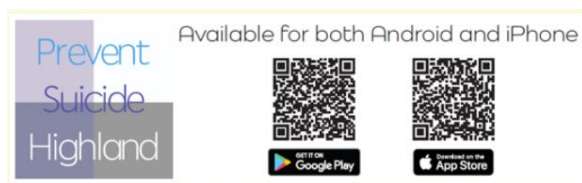
To register for the training, click on the Turas link [here](#).

Introduction to Mental Health and Wellbeing

If you don't have a Turas Learn account, you will need to visit the registration page. This video demonstrates how to create your own account.

Further information can be found in the document attached.

- **Prevent Suicide Highland App** - This easy-to-use app helps should you ever find yourself in distress, feeling hopeless or suicidal in the future. The app is available on Google Play for Android devices and the Apple App Store for iPhone and iPad.



- **Think Health Think Nature** - Taking time to enjoy local outdoor green space could bring you huge health benefits – getting outdoors is good for your physical, mental, and social well-being. Regardless of age and ability, there really is something for everyone.
- **Suicide Intervention and Prevention Programme:** This course is available to those who work within the Highland area only. Various dates available.

Who this is for: staff who have patient, client, service user, or public contact and

test an existing plan, helping communities understand how it holds up under pressure and where it might be strengthened.

Who can take part?

To take part, your community group must have a completed Community Resilience Plan in place. The process is designed to test and build on existing community resilience plans.

What to expect

The Hub will host informal, facilitated workshops of approximately two hours. Facilitators from the Hub will guide your group through the process. Communities can expect to:

Work through a scenario tailored to your local area and risks

Identify gaps or areas for development in a structured, supportive setting

Come away with practical insights to strengthen your existing plan

Feedback on the model

The Highlands & Islands Climate Hub is also looking to gather feedback on how the model works in practice. Your group's input will help shape how this approach develops for communities across the Highlands.

How to get involved

If your community has a completed resilience plan and you are interested in taking part, please get in touch:

Email: enquiries@hiclimatehub.co.uk

Please also see the poster attached.

- **New Ready Scotland Website Launched:** The new Ready Scotland website is now live, with a host of great information ranging from how to create an emergency plan, how to stay safe in storms, as well as

who have had no previous suicide awareness training or last training was more than three years ago.

Course delivery: Please note this course is delivered over two separate 2 hour sessions and you are required to attend both to complete the course. The sessions are usually run a week apart so please check the calendar below to make sure you can attend both Week 1 and Week 2 before booking your place.

Bookable course: [Turas | My Turas | Home](#)

- **Mental health and wellbeing: self-harm awareness - understanding and supporting people who self-harm** (various dates available).

Who this course is for: This session is aimed at anyone who works with or provides support to people who self-harm or at risk of self-harm. 3hr online session

Bookable course: [Turas | My Turas | Home](#)

a plethora of learning material. You can access the new website in full [here](#).

- **Home Energy Scotland:** Home Energy Scotland's advisors are true energy saving heroes. They can help you discover practical solutions to reduce your energy consumption, save money, and create a warmer, more comfortable home this year. Whether it's through energy efficiency tips, grants, or tailored support, their advisors are dedicated to helping you to take control of your energy costs.

Don't let rising bills catch you off guard. Reach out to Home Energy Scotland today for expert advice that puts you and your home first. Call Home Energy Scotland's free helpline at 0808 808 2282 or visit homeenergyscotland.org

- **Home fire safety visits:** Find out what is a Home Fire Safety Visit, who can get one, and how to arrange a visit. Click [here](#) to find out more.
- **ALlenergy:** Support people who live in the Highlands from all tenures who are struggling with fuel poverty with Energy Advice and support. They can help clients with: Energy bills: how you pay for your energy, how much you pay and how often; Advise on changes to the way you deal with your energy payments that may result in saving you money; Advise on heating controls and the way you use your heating to ensure you are using it efficiently and cost effectively; Fuel vouchers for people who have a PPM and have no funds to top up. In some cases, if eligible, they can apply to funded schemes to help with paying for your energy, replacement of white goods, alleviation of fuel debt. (subject to funds being available). Further information is available on their website: [ALlenergy](#).
- **Met Office Weather Warnings:** Information from the Met Office on weather related matters.