



**PEOPLE  
WORKING  
TOGETHER**

## **Grampian Opportunities**

Grampian Opportunities (GO) supports disabled people and people with mental health problems have choice and control in their lives.

Grampian Opportunities supports its members to increase their confidence and skill levels by providing supported opportunities in admin/office work, marketing, advertising, finance, events organisation, journalism, IT, driving and much more.

Grampian Opportunities runs its own mentoring service – New Explorations Mentoring Service. This gives members the opportunity to explore issues and the chance to talk through experiences and problems with a trained mentor, who will support them to reach a decision with which they are happy and confident about.

Grampian Opportunities also has a number of other projects including Voices for Change (VfC). Voices for Change is a peer-led project designed to give disabled people a voice and the chance to give their opinions on the services they receive.

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## **Up2us Oxfordshire**

Oxfordshire up2us began in summer 2009. It brings together people who have different experiences and disabilities.

The group are creating community networks, so people can get together with others who share their interests. People can pool their personalised care budgets by sharing support worker time and transport costs, or organising classes that let more people take part in new activities and share the cost.

The project has developed their own social networking site, to let people across Oxfordshire get in touch with each other. They are beginning to share information about local activities that are open to the whole community and to keep in touch with friends. User-led groups can also use it to advertise their activities and tell more people about their group.

You can see this at [www.up2uscommunity.co.uk](http://www.up2uscommunity.co.uk)

up2us Oxfordshire is part of a bigger programme. There are 6 locations across England where people who receive personal care budgets are exploring ways to work together to make greater use of the resources they have. There is more information at [www.otbds.org](http://www.otbds.org)

### **CDSM Interactive Solutions**

CDSM is a partner in the up2us Oxfordshire project.

CDSM Interactive Solutions' passion is learning technologies. The company is committed to creating and supplying effective solutions for learning and development organisations.

CDSM worked with their partners to develop the safe and secure community portal called 'People & Places'. It is a secure, moderated, social-networking website for people from vulnerable community groups. It is also for people who work and support people from these groups. We believe many people from vulnerable groups would benefit from using popular social networking sites, but unfortunately many people do not have the confidence or the appropriate skills to do so safely.

People & Places changes this once and for all! It provides a safe, moderated online environment for those who want to stay in touch with their friends and family online. It also provides service users with the opportunity to meet new people who share similar interests and activities. It offers methods to effectively support communities of people who use services who wish to become more self sufficient.

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Web: [www.cdsm.co.uk](http://www.cdsm.co.uk)

### **Mind Waves**

Mind Waves is a pilot programme aimed at promoting mental health through positive use of the media.

There is support for people who want to create and share news stories

about activities which promote mental wellbeing. The programme will focus on collective efforts, where groups of people have got together to promote mental wellbeing. There will be material that any group use to get across their own message about mental wellbeing.

The aim is to raise awareness among the general public about mental wellbeing and recovery and what makes a healthy community for everyone. The programme will make use of a wide range of ways to promote messages about mental wellbeing, such as social networking, blogs and internet sites such as YouTube, newspaper articles, recording pieces for the radio and using the creative arts.

The programme is funded by NHS Greater Glasgow and Clyde and brings together a range of partners. Outside the Box provides a base and support for the Community Reporters.

There is more information at

[http://otbds.org/index.php/project/view\\_details/104/](http://otbds.org/index.php/project/view_details/104/)

### **Neighbourhood Links**

The Neighbourhood Links Project is a service that is established in the Scottish Borders to promote and develop the capacity of voluntary and community organisations to provide additional, local, community support to those people who have low/moderate level support needs. It also aims to contribute to the social inclusion agenda.

The project helps people to access and benefit local services for example signposting to local groups and we help support people to have more social contact.

They can also provide appropriate short term support (maximum 12 weeks) not recognised as the statutory responsibility of the Scottish Borders Council and NHS Borders. We support hospital discharge for people who no longer need to remain in hospital and we compliment the role of community bases services. The Neighbourhood Links Project is a partnership project between British Red Cross and the Borders Voluntary Community Care Forum.

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Email: [neighbourhoodlinks@redcross.org.uk](mailto:neighbourhoodlinks@redcross.org.uk)

Fax: 0845 071 4672

## **Pilmenny Development Project**

The Pilmenny Development Project (PDP) is based in North East Edinburgh. The overall aim is to support local residents and groups and to encourage appropriate self-help initiatives towards the identification and resolution of their problems. They work with local people to identify and deliver actions which contribute to sustainable development of both individual and groups to improve their quality of life.

In their work with older people and carers they seek to encourage active engagement with a wider range of Community Planning, Health and Community Care service providers to ensure that quality 'Joint Future' and joined up arrangements are in place for older people in North East Edinburgh.

The work with adults seeks to encourage their ability to meet their own needs and to participate in all aspects of community life. NEECAG Leith & Portobello older peoples forums, NE Edinburgh Older Men's Health and Wellbeing Project, Pilmenny Women's Positive Health & Wellbeing Group, 50+ weekly Drop in, Leith Community Connector 'pilot project' – some of the projects PDP are involved in.

PDP is also involved in partnership working and in developing work including: 'New Spin' intergenerational Project, MECOPP (Minority Ethnic Carers of People Project) Older Male Carers Group, Milan (SWO) which provides services for BME elders from Indian, Pakistani, Bangladeshi & Mauritian Communities.

Tel: 0131 553 2559

Email: [pilmennyproject@btconnect.com](mailto:pilmennyproject@btconnect.com)

Web: [www.pilmennydevelopmentproject.co.uk](http://www.pilmennydevelopmentproject.co.uk)

## **Stepping Stones**

The Stepping Stones Organisation aims to help and support members individually or as part of a group, with the goal of regaining and maintaining good mental health. The organisation is led by its members and governed by a Board of Directors of past and present service users.

Stepping Stones is a recovery focussed organisation that supports its members to maintain and regain good mental health and wellbeing. The Organisation is user lead and the Board of Directors have used Stepping Stones for support in the past. Stepping Stones offer a needs led and recovery focussed service.

All of their support services are informed by the National Care Standards. Stepping Stones ensures each person has the opportunity to maximise their support from the services offered. They encourage the people they support to make the best use of the support they receive from other agencies and organisations as well as their communities.

Stepping Stones is based in Clydebank and Dumbarton and is accessible to anyone resident in West Dunbartonshire.

Tel: 0141 941 2929

Email: [stepping-stones@btconnect.com](mailto:stepping-stones@btconnect.com)

Web: [www.stepstones.org.uk](http://www.stepstones.org.uk)

### **Carr-Gomm Scotland**

Carr-Gomm Scotland is a person-centred organisation that supports people to lead their lives safely and to do the things they want to do: in day-to-day living, in planning for the future and in realising dreams. We do this by providing support at home and in supported services.

Community Development is about enabling people to take part in activities which develop their own interests along with other people and contribute to enhancing their own lives and the communities they are part of.

This might mean taking part in groups already working in your community as well as working with other people supported by Carr-Gomm Scotland who might share your interests. This could be about hobbies, voicing your views and campaigning for social change, meeting people to arrange and attend social events together, learning and trying out new things.

Carr-Gomm Scotland has begun work on 'community growing' project in Lochend in north east Edinburgh. The project will encourage and support people in the local community to gain new skills and confidence, and to build relationships by growing fruit and vegetables together. The project

will be for everyone with an interest in spending time at the garden and will be welcoming and accessible. There are strong links between community growing and the health and wellbeing of individuals and communities. Carr-Gomm Scotland are committed to finding new and creative ways to include people who can find it difficult to feel part of their community, whether through disability, mental health or other reasons.

The CGS Community Development Team can work with you individually or in groups to assist you to get involved with issues and activities you are interested in.

Tel: 01324 722091 / 07770 643929

Email: [info@carr-gommScotland.org.uk](mailto:info@carr-gommScotland.org.uk)

Web: [www.carr-gommScotland.org.uk](http://www.carr-gommScotland.org.uk)

### **Bonny Strollers, Bonnybridge**

Bonny Strollers is part of Step Forth which is a local walking for health initiative that is funded by Paths for All. The aim of Step Forth is to get more people active within their own communities especially those who take little physical activity or live in areas of poor health. It is aimed at all ages, abilities and is free and accessible.

There are now 17 walks set up in the Falkirk Area which are all lead by volunteer walk leaders. All walk leaders are fully trained by Paths for All.

The Buggy Walks provide mums to get out walking with their babies. The impacts that the mums describe include benefits for their physical health and for their mental health and wellbeing. There are also benefits for their babies from getting out into the fresh air.

The Bonny Strollers was the first buggy walk in the Falkirk area. The experience of the Bonny Strollers has encouraged many more groups to start similar walks. The women who joined the first group have worked with NHS staff and the Step Forth Co-ordinator to help spread the learning. The project has featured in national professionals conferences about promoting good health and wellbeing among young mothers and is now featuring in international conferences.

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## **FAST**

Future of Addiction Service Team (FAST) draws together people who live in West Dunbartonshire and have experience of addictions. They listen to the views of people who have a drug and/or an alcohol problem and think about ways services can help them. Sometimes this is the specialist addiction services and sometimes it is the services that are there for anyone who lives in West Dunbartonshire.

FAST represents the views of people living with addictions to the plans that are being made by West Dunbartonshire Council, the NHS in West Dunbartonshire and to other organisations. They signpost people to organisations that can provide them with services. FAST also does practical things themselves that complement other services.

FAST and Outside the Box have worked together to produce booklets that give practical help to people who are in recovery. The first one describes ways people can use ordinary community resources such as leisure facilities and shows people how to get access to services such as community learning. We then produced a booklet to help people cope with the Christmas and New Year period.

For more information on the group you can go to [http://otbds.org/index.php/project/view\\_details/12/](http://otbds.org/index.php/project/view_details/12/)

Tel: 0750 236 9418

Email: [Sharon@alternativeswd.org](mailto:Sharon@alternativeswd.org) / [fastnews@hotmail.co.uk](mailto:fastnews@hotmail.co.uk)

## **Cumnock and Doon Valley Credit Union**

Cumnock credit union is a cooperative financial institution that is owned and controlled by its members and operated for the purpose of promoting thrift, providing credit at competitive rates, and providing other financial services to its members. The credit union may have some paid staff members but most of the work and decisions are made by members and volunteers. The credit union is a not-for-profit organisation which works

because members save regularly creating a 'pool' of money from which loans can be made to members.

Anyone who lives or works in East Ayrshire is eligible to join the Cumnock and Doon Valley Credit Union.

Tel: 01290 420044

Email: [cumnock.creditunion@googlemail.com](mailto:cumnock.creditunion@googlemail.com)

### **Poverty Alliance – the EPiC Programme**

The Poverty Alliance seeks to influence policies at local and national level that will have an impact on poverty and will create the conditions for a more socially just Scotland. We carry out this work through a range of activities: campaigns, lobbying, networking, project work. Central to our approach is working alongside people experiencing poverty to have their voices heard.

The EPiC project offers a two day training course for community groups on how best to get their voices heard, and the course explores how policies in Scotland and at the UK level impacts on people with experience of poverty. The training course is free of charge and all participants travel costs are refunded.

Another key component of the EPiC project is the Community Research which is coordinated by our Community Research Officer, and works with a range of community groups in facilitating collective decision making about the research topic, training in basic research skills and working alongside the groups in presenting the final product. The EPiC project also seeks to influence policy at national level through the Stakeholder Forum and the Scottish Assembly to Tackle Poverty events.

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