



Health & Wellbeing Newsletter

Thanks to everyone who contributed to the latest Senscot Briefing Paper – [Mental Health & Wellbeing: The Role of Social Enterprise](#). This includes case studies on SEN members Crisis Counselling, MsMissMrs & MHScot Workplace & Wellbeing.

In early 2019, we'll be producing a Briefing Paper that focuses on how social enterprise improve health and wellbeing through social and community activity and we'd love to hear from SEN members who'd like to contribute. See below for details of Joint Thematic SEN meeting next month to discuss this.

We'll also be organising some Community Learning Exchanges with this focus, so please get in touch if you'd like to host a visit or have a social enterprise in mind you'd like to learn from.

Learning & Knowledge Exchange Opportunities

Joint Thematic SEN meeting: Improving health & wellbeing through social and community activity (Thursday 22nd November 11am-1pm, Senscot Office, Edinburgh) [Email Mary](#) to register interest.

North Ayrshire Social Enterprise Conference (Wednesday 7th November, Fullarton Connexions, Irvine). [Register here](#).

Social Firms Scotland Briefing Paper: [Year of Young People: the role of social firms.](#)

Tackling health inequalities workshops. CHEX & Evaluation Support Scotland are offering free workshops to support organisations understand the role they play in tackling health inequalities and take steps to measure impact. [More info.](#)

Strategies & Action Plan Development

[Improving Scotland's Diet: Consultation launched on restricting junk food promotions](#)

Consultation runs from 2nd October 2018 to 9th January 2019.

New digital system aims to reduce stigma and make it easier to eat healthily

Following the Welfare Foods Consultation, Healthy Start Vouchers will become known as Best Start Foods and the current paper vouchers replaced by smartcards in Summer 2019. Read more. [Read more.](#)

[Scotland's Forestry Strategy 2019-2019:](#) Consultation open until 29th November 2018. This includes consideration of how Scotland's woodlands and forests can improve people's quality of life and well-being.

Scottish Government's [First Report on Progress](#) on Mental Health Strategy.

Member News

Transitions in life is a new social enterprise led by Dr Lubna Kerr and is a collection of people with an interest in health and wellbeing throughout all the transitions in life.

[Discover more.](#)



Kuche's Kitchen on Prescription: [Cooking programme in Glasgow launched as social prescription.](#)

Let's Talk Associates CIC focus on [Young people's Health & Wellbeing: 'Time to Think' Crowdfunding.](#)

Moray Reach Out are keen to spread the word about their new social enterprise activity ([watch video](#)) and recently contributed to the successful [Health & Wellbeing for All](#) event in Moray.



Success amongst Health SEN members with awards from [The ALLIANCE's Self-Management Fund](#), including [Lorn & Oban Healthy Options](#), [Moray Wellbeing Hub](#), [The Ripple](#) and [Wellbeing Scotland](#).

Rollout of **Peace of Mind** community programme supported through [Crowdfunding](#) .

Lingo Flamingo have opened their own wee language nest in Glasgow offering foreign language classes for adults and children. [Find out more](#).



Chick



Fledgling



High-flying

Moray Sports Centre has identified the need for a fully inclusive play park in Moray and [would love to hear from prospective users](#) on what equipment they would like to see in the park. See [crowdfunding campaign](#) to raise funds.

Wellbeing Scotland conference 'The Impact of Adverse Childhood Experiences on Adult Mental Health' coming up on 1st November. [See flier](#).

Liberty Project have a competition open to win a New Year Hamper by taking our digital challenge to do Christmas on a budget of £25 by searching online. [See flier](#).



National Activity

REPORT: [NHS Health Scotland: Comparing the impact of income policies on health and health inequalities](#)

EVENT: **Public Health Reform: Developing a shared ambition for the third sector (14th November, Edinburgh)** [More info.](#)

PRODUCT: The [Food in Later Life Game](#) is designed to help anyone working in the community or providing a service to older people to understand the challenges they face when shopping, cooking and eating food, and explore the solutions to these problems. [Read more.](#)

Funding and Tender Opportunities

Check out [Senscot Noticeboard](#) for the latest Funding Opportunities, including:

- [Small Ideas, Big Impact Fund](#)
- [Better Breaks – now open](#)

Go to P4P for [current tender opportunities](#) or [future opportunities](#) and [Public Contract Scotland](#) to view more. In the meantime, here are some examples:

[Provision of Mental Health Service in Moray \(Phase 3\).](#)

Organisation: Moray Council

Deadline: 02/11/2018

[Framework for Community Link Workers and Children's
Neighbourhoods Scotland Local Coordinators](#)

Organisation: NHS Greater Glasgow and Clyde

Deadline: 15/11/2018

