

Network News

Peer Education at T in the Park



'Partying hard? Stay safe' is the message young peer group workers were promoting at T in the Park with the help of thousands of glow sticks and 6 feet high inflatable balls as part of an initiative from SAADAT (Scottish Association of Alcohol and Drug Action Teams). Peer group workers aged 16-20 from West Lothian's Youth Action Project were issuing the glow sticks with the harm minimisation message, chatting with festival goers about how to keep safe if they were drinking and/or using drugs over the weekend. Free condoms were also distributed by the volunteer peer educators, who are all trained and experienced in providing safe sex, drugs and alcohol messages. Both glow sticks and balls list the address of a new website which has been set up specifically by SAADAT for young people and festival goers. It lists top tips on safe drinking as well as a page of useful links and phone numbers for people wanting to know more about alcohol or drugs or where they can get help if they have a problem: www.safe-drink-drugs.com

Helen Davis, Project Director of WLYAP stated that a great time was had by all at the festival: "Who says you can't mix work with pleasure! The young people worked hard at the event but also had the opportunity to be behind the scenes of the festival. The event provided them with the opportunity to use the skills that they have learned through being involved with the project. Unfortunately the funding for our Peer Education work is coming to an end so I am desperately seeking continuation funding for this group, who deserve the chance to continue their hard work in the communities throughout West Lothian"

Contact Helen Davis, West Lothian Youth Action Project for further details on 01506 461588 or helen@wlyap.org.uk .

Peer Educators report on their T in the Park experience:

Robert McDonald

"The skills and confidence I have gained through being a volunteer Peer Educator, have allowed me to get a full time job working with Young People who have eating disorders. Unfortunately this does mean I don't have as much time to volunteer with the service, but I did still have the time to attend T In The Park. We were asked to use our skills to hand out condoms, glow sticks, sun cream and general advice about partying hard but staying safe at the Festival and throughout life. Working at T In The Park with Barry, Helen and all the volunteer team has easily been one of the greatest experiences of my short but action packed life so far. I may be ever so slightly biased, but our tent was without a doubt the best there. Condoms and glow sticks in the same place. Now anyone who has ever been at a festival knows it doesn't get much better than that!"

Jade Lee

"Hi, my name is Jade Lee. I have been involved with the West Lothian Youth Action Project for around 6 years and with the Eclipse project for over 4 years. This was a good opportunity for me and felt great to be able to pass on useful information that other young people would actually listen to, it was also good to have the opportunity to show some of my old teachers what I can do when I put my mind to it. I just had to jump at the chance to spend some time working at T in the Park! The entire weekend was an amazing experience for all of us, getting to take in the atmosphere and bands at the festival as well as being treated like a celebrity by security thanks to our green wristbands. For me it has been brilliant to watch it on the TV every Friday since, and to see how many people we actually spoke to, simply by the amount of glow sticks on display."

Shelley Veitch

"My name is Shelley and I have been a Peer Educator for about 4 years. I first got involved when I was a 5th year. Since volunteering for the Eclipse Peer Education Project, I have been involved in well over 100 Drug and Alcohol sessions, from teaching P7s the basics to helping train new Peer Educators. Peer Education has given me a wonderful opportunity to meet new and exciting people from all walks of life. The project has also given confidence and skills that carry over into many aspects of my life. T In The Park was an amazing experience and opportunity for our team. We all felt very proud that all our work over the last 4 or so years had been recognised by other agencies across Scotland. I need to say a quick thanks to Liam from Perth and Kinross Drug Action Team for asking us. The entire weekend was just a completely surreal experience. The weekend gave us the chance to pass on relevant and realistic information, which we have learned through our own experiences, our training and guidance from our co-ordinators. "

Young Parents go Wild!

REACT, which stands for Relationship Education and Counselling Team, is Scottish Marriage Care's first community project working in the East End of Glasgow. React's young parent's group and their children have recently returned from an adventurous weekend away. The group took part in various activities ranging from raft building to tree climbing. The trip was part of React's Peer Education Project: a group run by young parents for young parents.

Local young mums successfully completed training to be peer educators and were involved in planning, promoting and delivering workshops to React's new Young Parents Group. The course of workshops was spread over 12 weeks and the group learned and developed new skills that helped them build and maintain positive healthy relationships with others.



The peer educators have done a great job and have participated in various events from radio shows to conferences and seminars. They have dedicated much time and effort and have gained a 200 hours Millennium Volunteers Award, a provisional driving license and 10 driving lessons. REACT are always recruiting new peer educators so if anyone is interested please call 0141 781 9681 for more information.

East Glasgow CHCP Young People & Tobacco Peer Project 2006/7

In East Glasgow CHCP, in order to try and tackle the high prevalence of smoking, it was decided to pilot a peer approach to smoking prevention with young people in Lochend Community High School and Smithycroft Secondary School. The purpose of the pilot was to train young people in tobacco issues so they can educate their peers and potentially help peers to quit smoking. Pupils planned and prepared events targeted at their peers on National No Smoking Day 2007, including lunchtime stalls with display stands and visual resource tables including tar jars, blackened lungs and chemicals boards. The students also distributed information leaflets and had promotional giveaways.

In Lochend young people also organised a large screen with adverts on the effects of smoking running all day, developed information leaflets on the effects of smoking, ran activities for local primary schools and autism units, and delivered tannoy announcements to raise the profile of their work. For findings and recommendations from the report see www.smokingconcerns.com/youth/default.asp?p=93&l2=30

Peer Education project with North Ayrshire Young Scot and Kilwinning Academy

Earlier this year twenty pupils from Kilwinning Academy in partnership with North Ayrshire Young Scot, participated in a seven week programme that promoted healthy living and education around Youth Health issues. Led by peer support worker Shelley Nicol and Youth Engagement Worker Morag Gemmell, the team put together five interactive workshops that promoted better awareness and understanding of key health issues for Young People. If you would like further information on this project please contact: Shelley Nicol, Peer Support worker: 01294 472251 or email: shelleynicol@north-ayrshire.gov.uk

Peer Educators - now taking bookings!

Four of the fabulous volunteers from LGBT Youth group FUSION have completed their peer education training facilitation skills. Our peer educators range in age from 18 - 24 and are happy to work with groups of young people aged 16 - 25. The workshops can be tailored to fit most needs. This service is free of charge. Contact www.lgbtyouth.org.uk/News/FusionPeerEducation.htm or Esther.Paterson@lgbtyouth.org.uk

Media and Resources

Youth Voice: Peer Power

Youth Voice Peer Power, which is managed by the Trust for the Study of Adolescence, is launching a website aimed at young people 11-25yrs, of which the focus is emotional health and youth participation. The aim of the website is to give young people the space to share, discuss and exchange their coping strategies for dealing with difficult issues in their lives. The site is also available for young people to directly contribute their experiences through blogs, discussions and surveys, communicating with young people from all over the country. The site will focus on areas such as relationships, money, health and well-being, school/college work, and self-image amongst other areas. www.yvpp.co.uk

Scottish Drug Forum's Directory of Scottish Drug Services

Launched in partnership with the Scottish Executive, this new website features details on more than 220 drug treatment services throughout Scotland. The online Directory aims to make information on the range of services available in Scotland easier to find by the general public, as well as to practitioners. For more information: www.scottishdrugservices.com or email enquiries@sdf.org.uk.

Launch of respectme, Scotland's Anti-Bullying Service

respectme, Scotland's Anti-Bullying Service launched its website in June. respectme is a Scottish Executive funded service managed by SAMH (Scottish Association for Mental Health), in partnership with LGBT (lesbian, gay, bisexual and transgender) Youth Scotland. For more information: <http://www.respectme.org.uk/>

Bebo positive mental health forum

In collaboration with Penumbra and a group of young people the Executive has created a forum on Bebo which aims to promote positive mental health and well-being to 12-18 year olds. The forum can be signposted to young people as a resource to help them look after their mental health positively, build resilience, confidence and healthy self-esteem. Promote positive mental health by making your networks and young people aware of the positive mental health forum: For more information: <http://positive-twist.bebo.com> or contact Caroline.Rae@scotland.gsi.gov.uk

Young Scotland In Mind (YSIM)

Committed to improving the mental health and wellbeing of all children and young people in Scotland, YSIM is a network of voluntary sector organisations led by Barnardo's Scotland and funded by the National Programme for Improving Mental Health and Wellbeing. YSIM recognises the invaluable contribution the voluntary sector makes to the positive mental health and wellbeing of thousands of children and young people across Scotland through the provision of a wide range of services. Membership is open to voluntary organisations whose work relates to children and young people. For a membership form, email: youngscotlandinmind@barnardos.org.uk or telephone 0131 314 6620.

National Youth Health Network

The Young People's Programme at NHS Health Scotland has recently established a National Youth Health Network aimed to encourage two way communication for a diverse range of staff, not just health professionals working with young people. The network subscription list ranges from health practitioners to local youth workers and embodies a key cross section of people interested in Youth Health. If you have an interest in young people's health whether it be tobacco, mental health, sexual health or any other, The Young People's Programme would love for you to join up to the network and start sharing your work achievements. If you wish to join up to the network, please contact Evelyn Cranston via email: evelyn.cranston@health.scot.nhs.uk.

Choice!

Choices for Life, now in its third year as a national event, is a cross cutting partnership initiative. The shows, covering drugs, alcohol, smoking, physical and mental health education, seek to encourage 11 and 12 year olds to make healthy lifestyle choices and resist peer pressure at a time when they're making the transition from primary to Secondary school. The tour takes in Edinburgh, Glasgow, Aberdeen, Inverness, Stornoway and Orkney and attracts 70,000 pupils, nearly 80% of the P7 population in Scotland – in the process. www.sdea.police.uk/choicesforlife.html

Participation Portal for Children and Young People

Scotland's Commission for Children and Young People has set up a portal that brings together a wide range of information and resources on participation for those working with children and young people. The site aims to keep anyone interested in participation work to keep up-to-date with new and relevant resources, case studies and events. For more information, go to www.sccyp.org.uk.

New campaign to tackle depression in young Scots

As many as 1 in 10 young adults in Scotland experience depression, anxiety or other related emotional health problems. Depression Alliance Scotland have launched a new campaign, 'Look OK...Feel Crap?' to tap into the feelings of young adults who may be feeling withdrawn, anxious or low. Phone DAS on 0845 123 23 20 or visit online www.dascot.org

Developing and Accrediting Financial Awareness

Together, UK Youth and ASDAN have developed the Youth Achievement Awards to provide a framework to recognise and accredit young people's non-formal learning. The new Financial Awareness toolkit provides a fantastic opportunity for young people to raise their awareness of financial issues. The toolkit contains suggestions for challenges at Bronze, Silver and Gold. Contact www.ukyouth.org

Funding injection for alcohol community work - Alcohol Focus Scotland

Alcohol Focus Scotland is celebrating a new partnership project with The Robertson Trust who have pledged £75,000 to an Alcohol Focus in the Community initiative. Both organisations will work closely together on the development and operation of the project and look forward to this exciting new initiative. For more information <http://www.alcohol-focus-scotland.org.uk/newsandevents/newsdetail.asp?ipordocid=345>

Research and Policy

Research on Skills for Work courses

An independent evaluation of Skills for Work pilot courses has delivered positive interim findings. Skills for Work courses develop skills and knowledge in a broad vocational area and are intended to provide progression pathways to employment, training or further learning for pupils of all abilities. The study reveals that schools and colleges are committed to the value of Skills for Work courses and that almost all of the candidates enjoyed the courses and found them useful. <http://www.scotland.gov.uk/Publications/2007/07/06105338/0>

Skills strategy

A new Skills Strategy for Scotland has been published, setting out the Government's ambitions for skills throughout life. The Cabinet Secretary announced plans to create a unified national skills body by merging Careers Scotland, learndirect Scotland and the skills and training responsibilities which focus on individual employability, skills and training currently located within the Enterprise Networks. <http://www.scotland.gov.uk/Publications/2007/09/06091114/0>

Relationships Findings Released

The Scottish Recovery Network has released findings in a recent report. The document explores the different aspects of personal relationships to reveal how they can impact on mental health recovery. www.scottishrecovery.net/content/mediaassets/doc/relationship.pdf

Better Health, Better Care

The Cabinet Secretary for Health and Wellbeing, Nicola Sturgeon MSP, launched Better Health, Better Care: A Discussion Document in August 2007. This document initiates a nationwide discussion raising a series of questions about the actions the Scottish Executive need to take over the next few years in order to improve our patient's experience of care, further enhance the support we provide for people with long term conditions and tackle health inequalities across Scotland. To shape future healthcare policies, your comments on the Discussion Document would be appreciated and will be taken into account when producing the final action plan for health and wellbeing due to be published in December 2007. To view the document, visit <http://www.scotland.gov.uk/betterhealthbettercare>. Please note that the closing date for comments is 12 November 2007.

Protection of Vulnerable Groups Vetting and Barring Scheme

The Scottish Government is taking forward a comprehensive implementation programme to deliver the provisions outlined in the Protection of Vulnerable Groups (PVG) (Scotland) Act 2007. The PVG Act will deliver a robust vetting and barring scheme that will safeguard children and protected adults by keeping people who would harm them out of caring positions. It will also deliver a fair and consistent system that will be easier for people to understand and use. A new electronic scheme record system that will be continuously updated will be introduced. For more information and regular updates, visit <http://www.scotland.gov.uk/pvglegislation>

Events

Young Offenders in Scotland and Youth and Substance Misuse in Scotland, Edinburgh

21 November 2007 - Young Offenders in Scotland: is prevention the cure?

This conference will examine the role of crime prevention as a strategy to reduce both the number of children entering Scotland's criminal justice system and to reduce the level of persistent or repeat offending. In doing so speakers will explore social exclusion as a factor in offending and the importance of working with our young people to ensure social welfare issues are recognised when looking for solutions to stop re-offending.

22 November 2007 - Second Annual Youth and Substance Misuse in Scotland: effective prevention, services & alternatives for health & wellbeing

This one day event is MacKay Hannah's Second Annual Youth and Substance Misuse conference. It will bring together policy makers, drug, alcohol and social work professionals, youth workers, academics, community groups and others to discuss current and future policy and practice regarding Scotland's youth and their consumption of drugs and alcohol. Go to www.mackayhannah.com for single conference electronic booking forms

Alcohol Awareness Week - Does your drinking add up? 21st – 27th October 2007

Scotland's first Alcohol Awareness Week is one of the initiatives under the Government's partnership agreement with the alcohol industry. It is a joint programme of events in which Government, the alcohol industry, health professionals and the voluntary sector are working

together to provide useful information to members of the public and promote a joined up message about responsible consumption of alcohol. For more information <http://www.alcoholawarenessweek.com/>

Expert Seminar - Everybody's doing it? 22nd October 2007, Edinburgh

A new approach to preventing substance misuse in Scotland. SAADAT is hosting an expert seminar to consider whether a social norms approach to prevention can help reduce problematic substance use, particularly among young adults.

For more information and Registration Form <http://www.alcohol-focus-scotland.org.uk/iport/iportfilelibrary/1/SAADAT%20seminar%20registration%20form.pdf>

One in Four is back! October 2007, Various venues, Glasgow

In celebration of Mental Health Awareness Week SAMH (Scottish Association for Mental Health) will be running the music campaign One in Four throughout October with an impressive programme of bands playing across the city to raise awareness of mental health issues and raise funds for SAMH. The music events are part of SAMH's overall awareness-raising campaign for Mental Health Awareness Week, which aims to ask everyone in Scotland, "How's your mental health?"

<http://www.samh.org.uk/frontend/index.cfm?page=30&newsid=87>

With Scotland's Future in Mind: Learning from the past: shaping the future, Tuesday 23 and Wednesday 24 October 2007, Thistle Hotel, Glasgow

In its 10th Anniversary year, the Scottish Development Centre for Mental Health is exploring the challenge of achieving better mental health and well being for people in Scotland. This discussion comes at an interesting time, with the new Scottish government choosing to explicitly include wellbeing in the title of the health portfolio and appointing a dedicated minister for public health..

www.chooselife.net/Articles/txt_SDC_WithScotlandFutureinMind.asp

Practical Problems - Sensible Solutions National Training Conference, Sat 3 - Sun 4 November.

A two-day national training conference for part-time and voluntary youth workers.

Hilton Hotel, Edinburgh Airport. To request a booking form or for further information please contact Youth Scotland, www.youthscotland.org.uk

Harm Reduction 2008: IHRA's 19th International Conference, May 2008, Barcelona

What Harm Reduction Means To Me: find out exactly what 'harm reduction' means to the experts from around the world who have been actively involved in the field over the years. As we approach the Barcelona conference in May 2008, new testimonials will be added to this section in addition to the existing ones from the 2007 event in Warsaw, Poland.

www.ihra.net/Barcelona/WhatHarmReductionMeansToMe

Do you have any information you would like to share with the SPEN network?

Please get in touch if you have examples of best practice, studies of interest, information on services or upcoming events. The deadline for entries for the next newsletter is 30th January 2008.

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