

Community Briefing – 13.02.26

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
<ul style="list-style-type: none">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.	<ul style="list-style-type: none">Highland Alcohol and Drug Support: <p>withyou anywhere Highland Alcohol and Drug Support Funded by NHS Highland Alcohol and Drug Partnership</p><p>Do you want information, advice or support about alcohol and drugs?</p><p>For everyone in Highland aged 16+ using alcohol or drugs</p><p>For family members and those affected by alcohol and drug use</p><p>Free, confidential and compassionate call 0808 168 0860 (free from mobiles and landlines)</p><p>Email: highlandanywhere@wearewithyou.org.uk</p><p>Scan me for more info</p><p>wearewithyou.org.uk</p><p><small>We Are With You is a registered charity in England (1086271) and Scotland (SC047202). We are a private company limited by guarantee in England and Wales (07500265). We are registered with the Information Commissioner's Office (ICO) as a data controller under the General Data Protection Regulation (GDPR). Our Data Protection Officer is: 28 St. George's Square, London, England, SW1D 5BD.</small></p>

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

- **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.

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.

- **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.
- **Highland Council Participation and Engagement Strategy:** The Council has launched an engagement about its new Participation and Engagement Strategy. The draft strategy was approved by Communities and Place Committee last November and we are now seeking views on the strategy from individuals and communities. The easiest way to take part is via the on-line [survey](#) or by using the paper copies (as attached). They are also available at Service Points and libraries. The closing date for responses is 16th March. If anyone would like to discuss different ways of interacting with their client group / members they should get in touch directly – dot.ferguson@highland.gov.uk.

- **Highland Play Sufficiency Assessment (PSA):** Highland Council is inviting feedback on the draft Highland Play Sufficiency Assessment (PSA). The PSA report looks at the quality, accessibility and availability of outdoor play spaces across Highland. Alongside the report, the Council has published the [Highland Play Sufficiency Assessment Map](#) which offers an interactive and detailed spatial representation of the Play Sufficiency Assessment findings for Highland.

Thank you to everyone who has already shared their views on the draft Highland Play Sufficiency Assessment (PSA), the response will help shape the future provision of our community play spaces. With just one week remaining, we are eager to hear from even more stakeholders and residents. Your perspective is vital to ensuring this assessment is as robust and representative as possible.

- **Highland Council Educational Trusts:**

The Council's educational trusts cover specific areas of the Highlands, and offer opportunities for children and young people, schools and community groups to access funding for a wide range of grants to support education, sports, travel and other activities.

Open until 28th February for grant applications

More details and applications [here](#).

- **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.

Take part in the consultation and share your views. Consultation is open from 16 January to 27 February 2026.

The portal can be accessed via: www.highland.gov.uk/playsufficiency. If you prefer to go directly to the consultation, use [this link](#).

If you have any questions or if you would like to request an alternative format for responding please get in touch at hldp@highland.gov.uk.

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



- **Winter Heating Payments:** Information on the winter heating payments due to benefit over 720,000 pensioners across Scotland. Any pensioner with an income of less than £35,000 will receive these payments. You can find more information [here](#).

- **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](#).

- **Strathdearn Local Place Plan:** Strathdearn Community Council is currently gathering information to prepare a new community-led Plan for Strathdearn. We have three surveys open until 4pm on 27/02/2026, to gather the Strathdearn

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 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](#)

- **CARES Community Solar Fund:** You can apply for the [CARES Community Solar Fund](#) by visiting the [CARES project portal log in](#) page. Select 'Begin a new project' and complete the expression of interest

community's aims and wishes for its local area. The following are invited to take part in our surveys: **residents** aged 12 years and over in the Strathdearn Community Council area, anyone operating a **business** in the Strathdearn Community Council area, and **landowners** in the Strathdearn Community Council area. For more details on our Local Place Plan preparations, please visit our webpage: <https://strathdearn.org/local-place-plan/>, read our [Information Leaflet](#) and [Background Report](#), and/or come along to our February [drop-in sessions](#). You can also email us at localplaceplan@strathdearn.org with any questions on our Local Place Plan preparations.

- Community justice is about changing the way we think about justice to deliver better outcomes for those involved with the justice system, including victims and their communities.

Our aim is to drive progress in the field of community justice. We work hard to create better outcomes for those who have broken the law, their families and victims of crime.

We follow the evidence, share research and work with our partners to deliver change. We're helping to build safer communities in Highland where everyone can maximise their potential within a fair and equitable justice system.

We work to the new [National Strategy for Community Justice](#) and try to raise awareness around the benefits in key areas like early intervention, prevention and community sentences.

Take a look at the Highland Community Justice Partnership [Annual Report 2024-2025](#).

form. Make sure to select the ‘Community Solar Fund’.

The Scottish Government’s Community and Renewable Energy Scheme (CARES) is supporting community and faith organisations to install solar PV and battery storage in their buildings. This is a short-term pilot, funded by the Scottish Government and Great British Energy, with funds needing to be spent and claimed by 31 March 2026.

Demand is expected to be high for this funding, with many communities already in a position to mobilise projects very quickly. Funding will be allocated on a first come first served basis. If you are developing a new project, read the guidance and self-assessment checklist carefully and prioritise seeking a quote if you think you are eligible.

- **Cairngorms 2030 Communities Fund**

Panel: People living and working in the Cairngorms National Park are being invited to design an exciting new community fund worth £1 million.

The new Cairngorms 2030 Community Fund is an investment in communities – with a twist. People who live in and love the National Park will design the whole process of handing out £1 million in funding from start to finish.

The Cairngorms National Park Authority are looking for 18 people representing a diverse range of community interests to join a paid panel to shape the fund. Independent charity Involve will review all expressions of interest and ensure a reflective group of people are selected, ensuring that a wide range of ages, backgrounds, experiences and views will be part of the panel. They will then support the group to come up with ideas and make decisions on how the grants process will work. This will take place in the first half of 2026 with a view to the fund being launched in summer 2026.

Panellists will be paid for their time, at an hourly rate of £20.17, and must be

- **NHS Key Stakeholder Update:**

Thurso Breast Screening

Following a recent GP practice merger, some eligible Thurso-area patients are temporarily receiving breast screening appointments in Wick rather than locally. This is due to the national system allocating appointments by GP practice location instead of postcode. The Scottish National Breast Screening Programme is aware of the issue and is exploring solutions to minimise future disruption.

Raigmore Hospital Birthing Pool

The new birthing pool in Raigmore Hospital’s Labour Suite is now fully installed and operational. Other birthing rooms have also been refreshed. NHS Highland thanks staff, partners, and expectant families for their patience during the upgrade work.

To read the full update, see attached document.

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

- **The Military Liaison Group (Education)** are running 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 will be 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.

available to attend panel meetings on the below dates:

Wednesday 25 March, 6 to 8.30pm (online)

Saturday 28 March, 9.30am to 5pm (in-person at a location in the National Park)

Saturday 25 April, 9.30am to 5pm (in-person at a location in the National Park)

Wednesday 6 May, 6 to 8.30pm (online)

Wednesday 13 May, 6 to 8.30pm (online)

Wednesday 20 May, 6 to 8.30pm (online)

Saturday 30 May, 9.30am to 5pm (in-person at a location in the National Park)

Wednesday 17 June, 6 to 8.30pm (online)

Express your interest to join the panel [here](#).

- **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?

There are 5 winning categories from Early Years through to Secondary, and also an overall winner – the competition is open to all children and young people in Highland.

Deadline for entries Monday March 2nd 2026 – GOOD LUCK!

- **How do you feel about climate change?** Through writing a story about climate change, you can help shape new research at the University of Glasgow into what people in Scotland think and feel about the changing climate and whether this has an impact on their mental health or emotional wellbeing.

You don't need to have previous writing experience or be an expert on climate change – just an interest in sharing your perspective through creative writing.

- Stories can be up to 1,000 words
- Fiction or nonfiction welcome
- Open to anyone aged 18+ currently living in Scotland
- Deadline: 28 February 2026
- Learn more about the research and submit your story: www.climatestories.co.uk
- **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](#).
- **NHS Highland Young People's Sexual Health Needs Survey:**



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

- **Ewen's Room Gambling Support:** Ewen's Room is currently able to offer a few extra counselling spaces to Lochaber-based young people under the age of 30. These spaces are available especially to anyone impacted by gambling - either personally or through another significant person in their life.

A counsellor can meet you face to face in Strontian, Mallaig and Fort William, or online. To arrange an appointment, please email info@ewensroom.com and they will get back to you within 2 days.

If you are over 30 and are struggling with the impact of gambling in your life, please still get in touch with Ewen's Room as they have other support options available through our workshops and groups.

More information can be found in the flyer attached.

- **The Step Outside Project:** Ewen's Room is launching [The Step Outside Project](#). It is a 5-month hillwalking club designed to build confidence, connection and skills over time, and eventually feel more comfortable and capable in our local Scottish Hills. This project is aimed at everyone! Whether you have never worn hiking boots or a proficient walker – we welcome everyone!

The project will be running every other Wednesday from the 4th March until the 1st July. Every month there will be guided hike and a more gentle group walk, with opportunities to meet and walk together in between.

Please only sign up if you are able to commit to the entire 5 month programme. There are only a few spaces left so don't miss your chance.

You can sign up for the project [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](#).
- **Inverness Winter Payments Scheme:** People on low income can apply for a one-off payment of £115 from The Highland Council's City of Inverness Area Committee 2025/26 winter payments scheme to help them with their winter fuel bills. For more information, click [here](#).
- 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**](#).

- **Winter Resilience Aid** - Highland Council is urging community groups to 'apply now' for its Winter Resilience Programme if they want grit bins in their local communities.

The Highland Council's winter service started Tuesday 14 October and the Council is ready to treat - according to its policy - the 6,787km of roads for which it has responsibility. More information can be found [here](#).



- **Invitation for Highland Wildfire Response:** Wildfire risk across the Highlands is increasing. To explore a practical, community-led response, you are invited to attend an engagement event focused on the potential establishment of a Great Glen unit of Highland Wildfire Response.

Public Drop-in Session being held on Monday 25th February at the Glenurquart Public Hall, Drumnadrochit, IV63 6UG from 2:30-5:00PM.

Community and Stakeholder Meeting 5:30-7:00PM.

For more information please see document attached.

- **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. You can access the module [here](#). You can also find more information in the flyer attached.

- **Social Isolation and Loneliness in the Scottish Highlands Conference:** You are invited by Befrienders Highland and Befriending Networks to join us in Inverness for the Social Isolation and Loneliness in the Scottish Highlands Conference on Tuesday 10 March 2026.

The conference will offer space and time for cross-sector and cross-community discussion, deliberation, and action planning, focused on both policy and practice in the context of social isolation and loneliness. The conference has been inspired by the publication of a Manifesto for Social Connection.

This event is open to all senior practitioners, befriending organisations, community leaders, strategic

- **Connecting Carers:** A Highland based Charity 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.
- 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

stakeholders, and policy and decision-makers from the third and community sector, health, housing, public authorities, and the private sector who have an interest in improving health outcomes in the Highlands. You should be working within the NHS Highland health board region or have a direct connection to services and strategy impacting the population health of this region.

This is likely to be a popular event, and places are limited, so please [book](#) early to avoid disappointment.

- **What's on South Highlands – February:** A range of fantastic provision across the month of February, from Carers Support Group, Reminiscence Group, The power of Sleep with Zuzana and much more. More information can be found in the document attached.
- **Lunch 'n' Learn – Nature Prescriptions with NHS Highland:** Join us for an informal session introducing the Highland-Wide Nature Prescription.

An RSPB Nature Prescription is a guided conversation between a health or social care professional and their client to encourage and support them to connect with the natural world to benefit their mental and physical wellbeing.

We will share some of the evidence backing the promotion of nature connection as a health and wellbeing tool and share information on how to access and use the resource. We will also discuss who may benefit most from such a resource the scenarios where it can be used for most benefit. More information can be found [here](#).

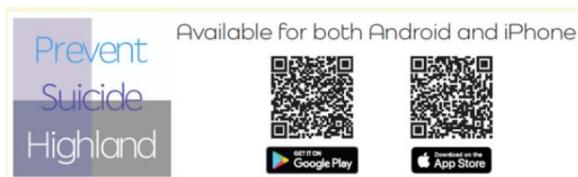
The three drop-in sessions will take place online via TEAMS. Use the following links to join your chosen session.

- [Drop-in 25th February 1.30pm - 2pm Meeting Link](#)

details and application instructions can be found on the Volunteer Academy [website](#).

<ul style="list-style-type: none"> • Drop-in 18th March 1.30pm - 2pm Meeting Link 	
MENTAL HEALTH & WELLBEING	COMMUNITY SAFETY & RESILIENCE
<ul style="list-style-type: none"> • 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. <p>The Highland Mental Wellbeing website is accessible on desktop and laptop computers, mobile devices and wherever an internet browser is available.</p> <p>www.highlandmentalwellbeing.scot.nhs.uk</p>  <ul style="list-style-type: none"> • Kinlochleven Trail Therapy: Ewen's Room is proud to launch its first block of trail therapy sessions in Lochaber, starting in March this year. <p>Trail Therapy is an innovative approach to non-clinical intervention that combines guided bike rides with therapeutic techniques to improve mental wellbeing, reduce loneliness, and ease symptoms of burn-out, anxiety and depression.</p> <p>In partnership with the Kinlochleven Community Trust, we are launching an initial block of 6 therapy sessions, starting Sunday, 15th March. Sessions will take every Sunday (with one week off at half-point) from 1 PM to roughly 5 PM. Bikes and helmets will be provided.</p> <p>They are limited to 8 spaces for our initial run, but we are planning more sessions based out of Fort William over the summer. To self-refer or to make a referral, please click here.</p> <p>Referrals close on 1st March, Midnight.</p> <p>Please see the attached briefing sheet, poster and social media graphic. More detailed information can be found here.</p> <ul style="list-style-type: none"> • Prevent Suicide Highland App - This easy-to-use app helps should you ever find 	<ul style="list-style-type: none"> • Met Office Prospectus: Community responders and the voluntary sector play a crucial role in the resilience of the UK. This training prospectus is aimed at those who work or volunteer in local communities to make them more resilient to severe weather events. <p>The Met Office has a key role under the Civil Contingencies Act 2004 to provide information to Category 1 and 2 responders but also to warn and inform the public around severe weather. The courses contained in this prospectus will provide an opportunity for community responders and the voluntary sector who collaborate closely with local responders to increase their knowledge and find sources of information, to assist them as they respond to severe weather.</p> <p>The prospectus attached outlines the courses available, includes training dates and details on how to register for a course. There is no fee to attend a course, but it is necessary to register so that you can receive joining instructions and handouts.</p> <ul style="list-style-type: none"> • Community Police Newsletter: a fantastic newsletter highlighting ongoing work across Inverness, including tackling drugs, antisocial behaviour, shoplifting, and speeding. Teams supported Operation Respect, focusing on safety, vulnerability, and crime prevention. Officers engaged widely with schools and community groups, delivering safety talks, supporting events, and building positive relationships. Partnership work included launching the No Place for Hate campaign and addressing issues such as dirt-bike misuse and parking around schools. Education activities covered road-safety demonstrations and early-years engagement. Antisocial behaviour cases continue to be addressed through reassurance patrols and targeted action.

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 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](#)

Residents are encouraged to report community concerns to the Community Beats Team.

To read the newsletter in full, please see attached.

- **Police Scotland - Counter Terrorism Policing** is launching its winter campaign, encouraging the public to trust their instincts and report anything that doesn't feel right to security or the police.

With a winter season full of events in busy public spaces such as Christmas shopping, festive markets, sporting fixtures, pantomimes and concerts, we all have a role to play in keeping each other safe.

They are asking for your support in sharing our important safety messages with your community, visitors and customers so we can reach as many people as possible.

They know that campaigns are a powerful way to use security-minded communications to add an extra layer of protective security. Using our campaign could help deter hostile activity at venues and events across the Highlands and Islands at no cost to your organisation.

Campaigns are based on extensive research and public testing. They are designed to reassure, rather than alarm, the public, and build their confidence in knowing what to do if they see something that doesn't feel right. We want them to trust their instincts and not worry about wasting anyone's time by reporting their concerns.

The communications toolkit is available on the QR code below or click on this [link](#) at the ProtectUK website. You will find images and animations to use on social media and digital screens, social media copy, posters to print, email signature and suggested content that can be used for internal and public-facing channels.



- **Public Health Scotland:** 2025 flu season has started earlier than usual. Please read the following [blog](#) to find out how you can protect yourself and others by getting vaccinated, practicing good hygiene, and staying home if unwell.
- **SEPA - Flood Risk Management Plans:** People across Scotland are being invited to share their experiences of local flooding issues to help inform how flood risk is managed in their communities, as work continues on Scotland's next Flood Risk Management Plans. To find out more and to take part in the consultation, click [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.
- **Winter Readiness Advice**

Practical advice on preparing for and responding to severe weather events in Scotland. It covers steps to stay safe

during storms, heavy rain, snow, and flooding, including checking forecasts, creating emergency kits, and planning travel. To find out more, click [here](#).

- [Highland Council Ready for Winter Guidance](#)
- [Police Scotland Winter Road Safety Advice](#)
- [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.