

## Community Briefing – 01.05.26

**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](mailto: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"> <li>• <b>Tesco Stronger Starts</b> 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.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Directories:</b> 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 <a href="#">here</a> to find out more.</li> <li>• <b>Adult Social Care in Lochaber – Your Insight Matters:</b> Work is underway across Lochaber to build a clearer, more honest picture of how adult social care is experienced and where change is needed. This work has been commissioned by Highland Council and NHS Highland, led by Gavin Sell, and is being delivered in partnership with <a href="#">In Control Scotland</a>.</li> </ul>

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](#).
- **Funding Opportunity:**  
An opportunity for rural communities to apply for funding to support their projects is now open. The Highland Local Action Group (LAG) is inviting organisations to apply for grants up to £10,000. [Read more and find out all details here](#)
- **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

This is not about producing another report. It is about understanding what is really happening across Lochaber and using that insight to shape practical, place-based change. The approach brings together lived experience, local insight, and system data to support a more responsive and community-led model of care.

Gavin and In Control Scotland will be at the **Lochaber Community Partnership meeting on 5th May** to talk through the work so far and, importantly, to hear directly from you.

As leaders across public services, communities, and local government, you hear things others don't. Conversations in communities, concerns raised in passing, frustrations, workarounds, and examples of what is quietly working well. These are often the earliest signals of where the system is under pressure or missing the mark.

At the meeting, we will be asking a simple question: **What do people in Lochaber talk to you about when they talk about adult social care?** We are also keen for you to share this work more widely. Further detail, emerging insights, and a short feedback form are available on the [In Control Scotland website](#). Please take a few minutes to contribute your own perspective and encourage others in your networks to do the same.

The strength of this work will come from the breadth and honesty of what we hear. Your role in that is significant.

- **The Climate Collective – a space dedicated to young people passionate about climate action:** The Highlands and Islands Climate Hub are pleased to launch The Highlands and Islands Climate Collective. A space for young people in Highland, Orkney & Shetland aged 16-30 who are passionate about climate action. The Highlands and Islands Climate Collective spotlights ways that young people can act against the climate emergency, connect with community groups and organisations, and help build

empowers young people aged **16–30** to design and deliver projects that strengthen **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.

- **Service Pupil Support programme:** The Service Pupil Support programme sits with MOD's dedicated Armed Forces Families Fund. The MOD has partnered with the Armed Forces Covenant Fund Trust to administer the AF3 Fund. Under this programme, the Trust will award grants for projects which support service children along their educational pathway.

Closing date: 30 Sep 2026

- **Reuse & Repair Fund:** Round 2 of The Highland Council's [Reuse and Repair Fund has opened](#).

Grants of between £2,000 and £50,000 are available to support a range of community-led initiatives that will help people repair, reuse and upcycle materials - reducing waste and supporting a stronger circular economy.

The first round of the Reuse and Repair Fund highlighted the talent, creativity and determination that exists within communities across Highland. From repair cafés and creative workshops to training opportunities that build practical skills, the funded projects are empowering local communities to extend the life of everyday items while supporting environmental sustainability. Interested?

skills to enter sustainable careers. To find out more, please see the document attached.

- **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](#).

- **Your CARES bulletin April 2026:** In this issue, you can read about the newly opened funding opportunities that can help community groups take the next step on their energy journey. Plus, explore two inspiring case studies from projects that have made great things happen with CARES funding. Read the bulletin in full [here](#).

- **A Message from Children & Young People:** Children and Young People from Drakies Primary School in Inverness have co-created, authored and illustrated a fantastic storybook for Early Years and Early Primary School children from Armed Forces families moving to Highland. Below is a message from them to you!...

*“OUR BOOK IS AMAZING; WE WROTE IT FOR YOU!!!! Would you like to see our amazing book we’ve made? The book is*

Applications will close at 12 noon on Friday 22 May

[For more information on the fund and how to apply,](#)

[For any enquiries](#)

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

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.

- **Future Routes Fund for Nature 2026:** We will soon be launching the [Future Routes for Nature Fund](#) – a fund for young people by young people. We would like to offer young people on your panel, or whom you work, with an opportunity to be key contributors to the decision-making process of this year’s fund.

The fund aims to help young people increase their knowledge and understanding of Scottish biodiversity,

*designed for children from Armed Forces families who live all over the world, for example in America or Europe or the UK and they might be moving to the Highlands of Scotland. The children might find this book helpful because they might be anxious about moving. This story might help little children feel less scared and happier. Please tell us how you feel about this book and if you have any questions. Please click the image below to listen and read the book.”*



To find out more, click [here](#).

- **WithYou anywhere: Alcohol and drug support for Highland:** free and confidential services, without judgement, to people facing challenges with drugs and alcohol. If you have questions, need advice, or just want to talk, we’re WithYou.
- Please find attached a report from the Skye and Lochalsh Citizens Advice Bureau *Food for Thought, Food Security in Rural Areas*.

The report presents findings from a six-month project funded by Citizens Advice Scotland, exploring food insecurity in Skye and Lochalsh. It combines local quantitative and qualitative evidence with wider national context, highlighting the specific challenges faced by remote and rural communities — including rising food costs, transport barriers, supply chain fragility and limited access to fresh, nutritious food.

provide more opportunities for them to connect with nature, and take action for the climate.

We are looking for young people to join the judging panel to help assess the applications and decide which projects are granted funding. They will be fully supported by NatureScot, so no experience of grants is needed.

### **Why get involved?**

Have a say in the funding opportunities for young people in Scotland.

Help empower and equip young people to act for biodiversity and climate.

Meet other young people involved in nature and youth projects.

Use their own experience to benefits other young people in Scotland.

Develop the following skills: Clear and effective communication, decision making, team working, analysing information, articulating feedback, reflecting on their own experience and many others.

Influence how NatureScot provide funding and help us make it more accessible to all.

Any costs incurred will be covered by NatureScot.

They will receive a certificate for participation and guidance on how this experience can be reflected in their applications and resumes.

While the location of workshop is still to be confirmed, we hope to host near a nature area and incorporate a nature tour as part of the day.

### **What we need from them?**

Time commitment:

Alongside documenting lived experience and current demand, the report sets out a targeted, practical strategy focused on:

*Improving access to fresh and nutritious food*

*Reducing food waste*

*Strengthening local partnerships and volunteer capacity*

*Supporting longer-term community resilience*

To read the report in full, please see attached document.

- **ILM Highland** visits rural communities once a month at local collection points, making it easier for residents to access responsible recycling. Collection times are always between 11am and 1pm.

### **Why it matters:**

Electrical and electronic waste is the fastest-growing waste stream in the world, and the Highlands produces more e-waste per person than anywhere else in Europe. By using this service, communities help to:

- Reduce waste going to landfill
- Recover valuable materials and metals
- Support local jobs and training
- Strengthen the circular economy locally

All items collected are responsibly recycled, just look out for our pink van.

For details of the communities we visit and what we can accept, please visit: [Household Electrical Recycling Collection Service - ILM Highland](#)

- **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.

1-hour online training session on grant assessments (evening of w/c 10rd June)

2-3 hours between 24th June and 4th July to read over applications (total time will depend on number of applications received)

3-hour in-person workshop on 4th July to assess the applications as a panel.

An interest in making nature accessible to all young people.

This opportunity is open to 11–26-year-olds from anywhere in Scotland. If they are under 16 they will be asked to provide parental consent.

Please email [futureroutesfund@nature.scot](mailto:futureroutesfund@nature.scot) with any questions you may have as well as telling us who your nominated young person is. We will then send you a registration form and information on the full process involved for the young person.

We want to make this process as accessible as possible so please let us know of any specific support your young person may need to participate.

- **[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

- **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](#).

- **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](#).

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.

- **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 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

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.*

[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?**

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

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 **Poverty Informed Practice** session on May 12<sup>th</sup> from 11-1PM.

- **What's on May 2026 – South Highland:** A fantastic range of support for May, from Carers Support Group, Reminiscence Group and Feel-Good Fitness with Highlife Highland. To find out more, please see the attached document.

- **PH&ST Learning Network Lunchtime Learning Session – why Buses Matter:**

**Theme:** Why buses matter for health and reducing transport poverty

**Date:** Wednesday 13th May 2026

**Time:** 12noon - 1.30pm

**Agenda:** welcome and Chair - Theresa Glasgow, Public Health Scotland

- **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.

- **Street League** is a sport for employment charity that supports young people aged 16–30 who face barriers to work. Using sport as a hook, we help participants build confidence, improve wellbeing and develop the skills employers are looking for. We deliver employability training, qualifications, mentoring and access to further education and jobs, creating positive pathways into sustained employment, education or training. For upcoming dates, please see the flyers attached.

- (in)dustry is a nine-month remote project supporting five young creatives aged 18-25 (or up to 30 if d/Deaf, neurodivergent or Disabled) from underrepresented backgrounds, living outside Scotland's central belt (Glasgow & Edinburgh).

This project will support participants to develop sustainable businesses and freelance practices within the music industries. This can include, but is not limited to, areas such as design,

**Presentations:** Margaret Douglas, Public Health Scotland, Why buses matter for health and reducing transport poverty

Find all report info attached and linked here: [Why buses matter for health and reducing transport poverty - Publications - Public Health Scotland](#)

Amy Philips and colleagues, Transport Scotland, Bus Infrastructure Fund + more speakers tbc.

Break 5-7 mins

Q&A & networking 30 mins

To register please email:  
[p hs.healthyenvironments@p hs.scot](mailto:p hs.healthyenvironments@p hs.scot)

- **Personal Assistant Recruitment Events:**



**PA Recruitment Events**  
Supported by Scottish Government "No One Left Behind" and UK Government Shared Prosperity Funding.

Come along to learn more about being a Personal Assistant, how you can support people to live independently in your local area and see what employment support is available.

☕ Already a PA? Join us for a chat, information and refreshments!

12th May 2026 10am until 1pm Norseman Hotel, Wick, KW14NL	13th May 2026 4pm until 7pm Ceilidh House, Kinlochbervie, IV27 4RP
12th May 2026 3pm until 6pm Pentland Hotel, Thurso, KW14 7AA	14th May 2026 10am until 1pm The Assynt Centre, Lochinver, IV27 4LT
13th May 2026 10am until 1pm The Kyle Centre, Tongue, IV27 4XA	

Logos: North Coast Community Care, NHS Highland, Citizens Advice, WorkLifeHighland, The Highland Council, Personal Assistants Network Scotland

- **NHS Social Prescribing Group:** Are you interested in finding out more about social prescribing?

The Highland Social Prescribing Group have been developing a social prescribing framework for Highland and would like to invite any interested individuals or

videography, photography, music management, promotion, events, booking, running a record label, live sound, and not-for-profit work.

[opportunities — anam creative](#)

- 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 f/our live Fellowships open for application. Full details and application instructions can be found on the Volunteer Academy [website](#).

organisations to register for one of four events being held across Highland in May and June. Please see flyer for locations, dates, and times plus information below.

Registration for each event can be done using the individual Eventbrite link below:

[Wick 13th May](#)

[Skye 1st June](#)

[Inverness 8th June](#)

[Fort William 18th June](#)

- **Family Recovery College Inverness:** 12 fortnightly sessions to support anyone living in Highland who is concerned about someone else's alcohol or drug use.

The Discovery College is proud to be working with the award-winning Family Recovery College to offer a free informal course - Understanding Substance Use and Holding on to Hope. Taking place in Inverness at the Discovery College, the course will run every fortnight, starting on Saturday 2nd May, 1pm to 3pm and ending on 3rd October. To apply for a place please book a ticket and complete an expression of interest form [here](#).

- **Discussing Drugs and Alcohol with Young People (DDAYP)** is an approach based on the principles of Motivational Interviewing and Brief Interventions, providing structure to opportunistic, non-confrontational conversations to support young people to make healthy lifestyle choices around drugs and alcohol. This training is for practitioners from all agencies who work with young people. Places for the in-person training are available on the 7<sup>th</sup> of May - [Drugs and alcohol : discussing drugs and alcohol with young people | Turas | Learn](#)
- **Cromdale and Advie Community Meeting – Community Benefit Options – Meeting Details:**

**Date:** Thursday 14 May

**Time:** 7pm – 8.15pm

**Location:** Cromdale Village Hall

**Who can come?:** Any residents of Cromdale and Advie

**Aim:** To understand the community's preference for the options for administering the Community Benefit funding from Pauls Hill Windfarm which currently can't be accessed due to no Community Council.

For more information, please see the flyer attached.

- **Carers Roadshow Highlands:**



- **[Neurodiversity, Homelessness Risk and Support:](#)**

**Wednesday 13th May**

**1.30pm - 4pm**

Online (Teams) - link and joining instructions will be shared in advance

This event is free to attend.

Are you a frontline worker who supports people at risk of homelessness or going through homelessness? Do you want to learn more about neurodiversity and how to adapt services to better support neurodivergent clients? Then sign up

below for this online learning event hosted by the Scottish Frontline Network!

At this event, you will learn more about neurodivergence and what we know about links to homelessness and homelessness risk from specialist organisations. You will hear from young neurodivergent people how frontline workers can best support them and learn more about good practice and helpful resources to make services more neuro inclusive.

This interactive online event, hosted by the Scottish Frontline Network, will include a mix of presentations from speakers and discussions in breakout rooms where you can share good practice and challenges from your own work.

At the event you will hear from:

Mindroom is an organisation founded upon lived experience that champions all forms of neurodiversity and supports all kinds of minds through advocacy and participation, direct support to children and families, and training and awareness raising among professionals.

Cyrenians neurodiversity youth group is part of Cyrenians' wider participation work and offers neurodivergent young people a space socialise, celebrate neurodivergence and give feedback to services on how to become more neuro-inclusive.

Risk & Resilience supports organisations to embed trauma-informed and person-centred approaches into everyday practice, strategy, and culture to create environments where both staff and service users feel safe, respected, and empowered.

NB: The event will take place on Teams. Once you sign up you will receive a pre-event email the week before the event with more information and joining instructions.

The Scottish Frontline Network is facilitated by Cyrenians, an organisation

dedicated to tackling the causes and consequences of homelessness. The Scottish Frontline Network supports those working on the frontline in Scotland with people experiencing or at risk of homelessness. If you have any questions about this event, please contact Ursula Hofeldt at:

[ScottishFrontlineNetwork@cyrenians.scot](mailto:ScottishFrontlineNetwork@cyrenians.scot)

## MENTAL HEALTH & WELLBEING

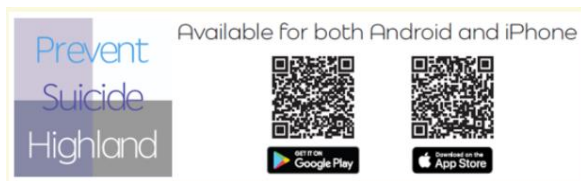
- **Highland Mental Wellbeing** – this website is a list of services, information and training around the subject of mental health and wellbeing. It also provides information about training and resources for community/service volunteers or paid staff, in a ‘helping’ or supporting role.

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](http://www.highlandmentalwellbeing.scot.nhs.uk)



- **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.

## COMMUNITY SAFETY & RESILIENCE

- **Police Scotland Youth Volunteers**

How to get involved with the PSYV Youth Volunteers

Each PSYV group consists of 24 young people aged between 13 and 17 who each give up their own time to volunteer in their communities. As a youth volunteer, you would be expected to complete the PSYV Initial Training Programme which will prepare you for attending local and national volunteering events. The training contains multiple subjects across three units.

- About the programme
- Standards
- Operational PSYV Training

This training and subsequent local 'sessions' take place at a local venue on a weekly or fortnightly basis. During these sessions, youth volunteers will take part in additional training, educational inputs from the police and partner agencies as well as preparing for upcoming volunteering opportunities.

### Eligibility

To become a Youth Volunteer, you must be aged between 13 and 15 and be able to dedicate a minimum of three hours per month for volunteering events. As the programme is oversubscribed across Scotland, you must ensure you are able to attend your local group sessions and be



- **Mental Health Awareness Week 2026:** Mental Health Awareness Week takes place on 11–17 May 2026, and this year's theme from the Mental Health Foundation is a clear and motivating call: ACTION – for yourself, for someone else, for all of us. The theme encourages each of us to take small, practical steps that support mental wellbeing and strengthen our communities. Whether it's reaching out, checking in, or seeking support, every action contributes to better mental health. In this Spring newsletter we will showcase the great resources and support happening across Highland.
- **Being with Babies Outdoors Toolkit:** **Babies Outdoors** launched their free toolkit in March 2026 via an online webinar which is now available to view on [YouTube](#). Partnering with the Open University the toolkit will support you to explore the benefits to babies and more. Click [HERE](#) for more information.
- **Screen time guidance for under 5s:** Juggling family life and raising children in a digital world can be challenging. Find out more about how to support healthy screen habits for children under 5 by clicking [here](#).
- **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

available for volunteering opportunities on a regular basis.

[Click here](#) to complete an 'initial interest' form which will be sent to your local group coordinator. If your local group are recruiting, your local coordinator will be in touch to discuss the recruitment process. Please note that not all groups are actively recruiting and spaces are limited in all groups due to the popularity of the programme.

- **Highland Resilience Network:** In response to member requests, we've developed a whole week dedicated to training which has been designed to exclusively support members to progress their climate action goals.

We recently offered workshops which tests resilience plans to understand how effective they are and while we were pleased to welcome lots of communities ready to take that step, lots of you got in touch to ask for support in creating a resilience plan in the first place so we've developed this session just for you!

Hub CEO Joan Lawrie will go through the steps required to create a resilience plan that works for your community and is easy to implement in the case of an emergency.

This session takes place online on Wednesday 27th May from 10am - 12noon

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

**Who can take part?**

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](#)

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](mailto: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 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](http://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.