

Community Briefing – 18.09.26

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:

communitybriefing@highland.gov.uk ****please note this is a new, dedicated e-mail address****

To join the mailing list, complete this short form: <https://forms.office.com/e/rSS3hXbGTa> or scan the QR Code:



FUNDING	NEWS
Placemaking Support for Island Communities: 	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. Click here to view the BeConnected website: BeConnected Highland Highland Council has proposed a new Visitor Levy Scheme which is currently under statutory public consultation until 30 November 2026. Full details on the proposal, including a Frequently Asked

- **Highland Coastal Communities Funding (HCCF)** allocation across the local area committees. HCCF funding is allocated to Highland Council from the Scottish Government. This year the Council received an allocation of £3,886,450.43. The Highland Council administers HCCF funding as part of the Community Regeneration Fund (CRF), bringing together multiple funding programmes and delivering them via a streamlined process together under one clear, practical approach. [Community groups encouraged to submit project proposals for a share of £3m in Community Regeneration Funding - Highland Council](#)

For the 2026/27 funding allocation, the CRF team will not be issuing an open call for new projects. Instead, BeConnected will be used as the primary starting point for identifying potential projects. The CRF team are piloting BeConnected, an online interactive map that allows community groups to upload their projects, allowing decision makers to see the grassroots activity happening across Highland. Visit BeConnected [here](#).

- **National Events Programme:** the National Events Programme is one of VisitScotland's core funding programmes. The fund supports the strategic development of live public-facing sporting and cultural events in line with the aims of the National Events Strategy, Scotland the Perfect Stage.

Eligible events take place outwith the local authority areas of Edinburgh and Glasgow and can demonstrate their role in showcasing regions and driving domestic tourism around Scotland.

For more information on the programme, please click [here](#).

Deadline for applications is Monday 5th October at 2pm.

- **SSEN Transmission** is launching a new fund to support large-scale strategic projects that will boost skills and

Questions document that is updated regularly can be found at the Council's new engagement platform, [Engage Highland](#) where consultation responses may also be submitted. Alternatively, for those unable to participate online, paper copies can be requested by visiting any library or service point in Highland, or by calling the Visitor Levy Consultation Support Line on 01349 781020.

- **MLG Education Newsletter:**

A fantastic issue of the MLG Education Newsletter, with plenty of good news stories, including information on Armed Forces Day, children participating and showcasing their fantastic and unique audiobook. For this and much more, please read [here](#).



- **Planet Youth Newsletter – September:** A typically packed newsletter, with information on Parent and Carer Speakeasy sessions, Safe Strong and Free's Stronger Together programme and a lot more. To read the newsletter in full, click [here](#).
- **Creative Writing Course:**

employability and help tackle fuel poverty across the north of Scotland.

The new [Strategic Investment Fund](#) will invest up to £10m over the next two years and forms part of SSEN Transmission's existing Regional Community Benefit Fund, which has already delivered £4m to communities in the region.

Together, the Strategic Investment Fund and Regional Community Benefit Fund will provide at least £12m over the next two years, representing the largest community funding package ever delivered by the electricity transmission network operator.

Alongside local funds for communities hosting new transmission infrastructure, this forms part of an anticipated £100m+ in community benefit funding linked to our £29bn investment to upgrade the grid, supporting energy security, economic growth and creating lasting opportunities for communities.

- **Crown Estate Scotland** created the Sustainable Communities Fund (SCF) in 2020, to support local regeneration and sustainable development across the Scottish Crown Estate. To date, they have provided a total of £2.25m over the first six years of the fund. The fund is split into two separate grant streams:

Community Capacity Grants

Environment Grants

For more information, including eligibility criteria and how to apply, click [here](#).

The deadline to apply is October 26th 2026.

- **Funding Support from Highlands and Islands Enterprise:** Please click here for a range of funding support available via HIE. For more information, click [here](#).
- **[Nature Restoration Fund Community Grants Programme:](#)** Applications open on Friday 14 August 2026. Community groups, charities, public sector bodies and other

- **The Highland Council** has just launched its new on-line engagement portal available at [Citizen engagement platform | The Highland Council](#). This will supplement but not replace other methods of engagement and allows a much more interactive experience with the facility for creation of ideas, using mapping to drop 'pins', voting etc. One of the most helpful features is that registered users can select the geographic and/or sectoral areas they are interested in and will then receive notifications when there is new activity under these themes or when there are updates. There is no requirement to register on the site, but more functions are available to those who choose to do so.
- **Duke of Edinburgh's Open Award Gold Group – Aban:** Aban are one of the few Open Gold DofE Award Groups in Scotland. Every year they bring together up to 20 young people from all over Inverness & surrounding areas. The best bit? They offer a fully funded scholarship programme for eligible participants which can bring the cost down to zero!

For more information, click [here](#).

- [BT Digital Voice Monthly Update:](#)

DIGITAL VOICE MONTHLY UPDATE



How we're helping our customers
switch to a digital home phone



Your support is still needed: help customers get ready before January 2027. As the network is scheduled to close in January 2027, it is essential that customers complete their switch to Digital Voice well before this date to avoid any disruption to their service. We are proactively contacting customers and encouraging them to take the necessary steps now. To help us reach and

eligible organisations across Highland are being encouraged to apply for funding through the 2026/27 Highland Nature Restoration Fund (NRF) Community Grants Programme.

- **The Highland Children and Young People's Community Mental Health and Wellbeing Fund 2026/27 will open on Monday 07 September 2026.** This fund will support community-based projects that improve the mental health and wellbeing of children, young people (aged 5–24 or 26 if Care Experienced) and their families across Highland. The fund aims to strengthen prevention, early intervention and accessible support within local communities.

The fund is aligned with the Scottish Government's Children and Young People's Community Mental Health and Wellbeing Supports and Services Framework, which promotes early help, relationship-based practice, whole-family approaches, accessibility, inclusion and strong partnership working.

Applications are encouraged from collaborative partnerships that can demonstrate how their proposals will improve emotional wellbeing, resilience, confidence, social connection and access to support, while helping to reduce isolation and prevent escalation to specialist services. Priority will be given to projects that are community-based, trauma-informed, co-designed with children, young people and families, and that address barriers to participation, particularly for under-represented groups.

The fund seeks to ensure that children, young people and families receive the right support, in the right place, at the right time,

support as many people as possible, we are asking for your support in reinforcing these key messages to customers within your communities:

Don't delay - act as soon as possible to arrange your switch to Digital Voice.

Confirm your appointment when contacted.

Get in touch promptly if we ask you for additional information or to discuss your options.

Book an appointment if you have not already done so.

- **AA Meetings Timetable:** Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. At AA Alcoholics help each other. We will support you. You are not alone. Together, we find strength and hope. You are one step away.

Call Free 0800917 7650 – you will be put in touch with someone local in your area.

Please see the attached document for a full timetable of meetings.

- **Together We Shape Crofting's Future:**

through strong collaboration between communities, the third sector and public services.

Small Partnership Grants - <£25,000 over 12 months - opens 7 September (Closes 19 October MIDDAY)

Locality Partnership Grants - <£50,000 over 24 months - opens 7 September (Closes 26 October MIDDAY)

More information can be found at: [Whole Family Wellbeing - Highland Community Planning Partnership](#)

- **SSEN Transmission: Bingally Local Fund Consultation** - SSEN Transmission has launched a consultation on the development of a new community benefit fund for communities near the Bingally 400kV Substation. The £530,000 Bingally Local Fund will provide dedicated community benefit funding to those living in the Strathglass community council area.

SSEN Transmission is committed to ensuring that this funding reflects the priorities of the people who live and work near the project infrastructure. Two in-person and one online sessions have been arranged for September and October, with an online survey open between Monday 21 September and Friday 30 October. For more information, visit the SSEN Transmission Community Benefit website or contact community.benefit@sse.com

- **Investing in Connections: Highland Council Launches Community Transport Grant Funding for 2027–2030:**

Community groups and organisations across Highland are being invited to apply for funding through The Highland Council's Community Transport Grant Scheme.

The scheme supports community-led transport services that help people access healthcare, employment, education,



- **The NHS Highland Health Improvement team** are in the process of improving and updating the **Vaping Information booklet for parents and carers**.

We would love to hear from you if this booklet is useful or what you would like to see changed for it to be improved.

Please could you take 2 minutes to complete the short feedback form - we'd greatly appreciate it and it is completely anonymous.

[Parent and Care Vaping Information Booklet](#)

[Parent and Carer Feedback form](#)

- **Citizens Advice Gambling Support Service:** If you are worried about your own or someone else's gambling habits, we can help. Whether you're looking for holistic advice related to debt, housing, employment and relationships, or signposting to focused gambling support, our trained advisers can help.

For more information, including contact details, click [here](#).

- **Armed Forces Covenant: Education Health and Housing:** Highland Council

shopping and social activities. Across the Highlands, community transport plays a vital role in reducing isolation, supporting independence and ensuring residents can reach the services and opportunities that matter most.

For more information and how to apply, click [here](#).

- **Funding from Tain and Inverness Tesco Fruit & Veg Grants**

We are looking for schools, youth groups, schools, sports clubs, etc. to be in the Tain and Inverness Tesco's Dec – March customer votes with awards in May '27.

Applications need to be submitted by **end of September** to be considered for their Dec - March customer vote and then in May, after the vote results are counted, awards of £1,500 for first; £1,000 for second and £500 for third place will be offered. Awardees then have 6 months to spend the funds.

This is also a great opportunity for groups to promote the good work that you do.

Applicants must be committed to spend at least 50% of an awarded amount on food related activities and/or food as well as other costs related to your activities with children and/or young people.

Please note that the beneficiary age range is generally up to 18yrs although, groups with those who need additional support are also eligible up to 25yrs.

NOTE that applications that are unsuccessful in this next round, or received after end Sept, will be eligible for future voting rounds ie. April – July with awards in Sept '27

Please do get in touch with Community Enabler tamara@greenspacescotland.org.uk or phone her on 07825 671968 with any

and NHS Highland holistically support our Armed Forces and Veterans community and deliver the Armed Forces Covenant Duty. More information can be found [here](#).

- **Volunteer with Children's Hearings Scotland (CHS) and make a lasting difference in your community:** Children's Hearings Scotland (CHS) is currently recruiting volunteer Panel Members across Scotland, including the Western Isles. Panel Members play a vital role in supporting children and young people by making decisions that are in their best interests during Children's Hearings. We are looking for people aged 18 and over who can demonstrate empathy, compassion and strong listening skills.

Panel Members come from all walks of life and represent communities throughout Scotland. They are dedicated volunteers who uphold the rights and wellbeing of infants, children and young people. Working as part of a panel, they listen carefully to those involved in the hearing and make legal decisions that will help shape a child's future. Ensuring that the child or young person remains at the centre of every decision is fundamental to the role, as every outcome can have a significant impact on their life.

CHS provides a comprehensive training programme, supported by an experienced team who will guide you throughout your journey to becoming a Panel Member.

Applications are open from **Wednesday 26 August 2026** and close at **midnight on Wednesday 23 September 2026**.

To find out more about the role, the training provided and the difference you can make, visit www.chscotland.gov.uk Applications can also be submitted through the website.

- **Draft Local Fire and Rescue Plan:** the Scottish Fire and Rescue Service (SFRS) invites you to share your views on the draft

queries and for helpful application support.

More info can be found here [Fruit and Veg Grants - Tesco Fundraising | Tesco PLC](#)

- **Corra Foundation** – Corra is a Scottish grant-making charity that works to strengthen and amplify people’s voices and their power to make change. Click here for further info: [Home - Corra Foundation](#)
- **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](#).
- **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
- **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

Local Fire and Rescue Plan for your local authority area.

You can share your views [here](#).

- **Help Shape the Future of Social Prescribing in Scotland**

Have your say!

The Scottish Government is developing a **National Social Prescribing Framework** and wants to hear from people across Scotland about their experiences, views and ideas.

Social prescribing helps connect people with local support that can improve health and wellbeing, including:

Community groups and activities
Volunteering opportunities
Welfare, housing and money advice
Physical activity and cultural programmes
Support to reduce loneliness and social isolation

Whether you've used social prescribing before or have never heard of it, your views matter and will help shape future support and services across Scotland.

They are particularly keen to hear from people living in **rural and island communities**, as well as disabled people, older adults, parents and carers, young people, and those facing social or economic challenges.

The consultation is open until 24 September.

Take part [here](#).

- **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 Senior Citizens Network:** A website with recent news including the health benefits of social connection, local activities including creative sessions, games, rewilding, veterans’ advocacy,

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 September 2026

- **[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 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.

- **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.

What could the fund support?

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.

- **Have your say on the future of Highland's greenspaces**

From parks and play areas to community greenspaces and natural spaces, we want to hear your views on how these valuable places should be managed and developed for the future.

Your feedback will help shape a new Greenspace Biodiversity Management Strategy for Highland. Consultation closes 4 October 2026

[Find out more and take part here](#)

- **Highland Repair Directory:** The Highlands and Islands Climate Hub are 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](#).
- **[Highland Council Opens Third Round of Reuse and Repair Fund - Highland Council:](#)** The Highland Council is encouraging community organisations across the region to apply for the latest round of its successful Reuse and Repair Fund, which supports projects that help keep valuable materials and products in use for longer.

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 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

1 Staff and volunteer wellbeing, particularly in high-pressure or trauma-informed environments.

For more information, including how to apply for the fund, 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](#).
- **Scottish Communities Alliance** have now reopened their Community Learning Exchange funding. I know a couple of you had be awaiting the reopening of this funding! Groups can do either a virtual or in person exchange, with up to £200 available for a virtual exchange, and up to £1,000 for an in-person exchange. Applicants must be endorsed by a Scottish Communities Alliance member to apply. You can find out more information here: [Community Learning Exchange - Scottish Community Alliance](#)
- **The National Lottery** has launched a **new** fund called Small Eco Awards. Groups can apply at any time, and a decision will be made within 12 weeks on receipt of application. Funding available is between **£300 to £20,000** and successful applicants

The third round of funding is now open to applications from community groups, charities, development trusts, public sector organisations and community ownership initiatives looking to deliver reuse and repair activities across the Highlands. Applications will close at 12 noon on Friday 16 October.

- **Rescued and Ready Project:**



- **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](#).

with have up to **24 months** after award to spend. More information is here: [Small Eco Awards | The National Lottery Community Fund](#).

- **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](#).

- **Highlands and Islands Climate Hub's** Climate Action Fund has reopened for a second round, welcoming applications of up to £1,000. Our funding is a small grant which is designed to either kickstart a climate action project in your community or carry out community engagement around climate change. More information here: [Climate Action Hub Funding — Highlands & Islands Climate Hub](#)

TRAINING/EVENTS

- [Cèilidh @ Cultarlann](#)

We run cèilidhs on Friday nights from 1900-2200. You can see the dates and book tickets below. Entry is from 1900 and the dancing starts at 1930.

Cèilidh @ Cultarlann – Experience a genuine Highland cèilidh with live music, song and dance.

Our Cèilidh is a highly enjoyable blend of cèilidh dancing, live traditional music and language.

Come in to a warm and welcoming Highland Cèilidh and feel part of a vibrant

EMPLOYABILITY/VOLUNTEERING

- **Highland Thrive CIC** - Advice and advocacy - Community development and regeneration - consultancy and support - Education and training - Employability and employment - Information

Highland Thrive is a community focused social enterprise working across the Highlands of Scotland to design and deliver practical, locally responsive solutions that strengthen people, organisations and communities.

Phone number: 07376488197

Email address: info@highlandthrive.org

Website: [Highland Thrive CIC – Unlocking potential across the Highlands](#).

community. Don't know the dances? Don't worry, help is on hand.

We will have a bar selling a small range of alcoholic and soft drinks as well as snacks. The ticket allows entry for one person and there are no other costs. Our cèilidh bar sells a small selection of alcoholic and soft drinks as well as simple snacks.

Each cèilidh has music and dancing in its heart and as a Gaelic centre, you will hear plenty of the language also. We might even encourage you to learn a bit.

All age groups are welcome although all under 18s must be accompanied by an adult taking responsibility. We operate a challenge 25 policy which means if you look younger than 25, we will ask for identification.

We can accept group bookings – please email us at failte@cultarlann.scot

Come along and be part of a great Highland evening.

- **Inverness Fringe:** New Inverness Fringe Festival Launches This Autumn –

Adding Extra Spark to Your Visit

This September 28th to October 4th, Inverness will host its very first dedicated Inverness Fringe Festival – a vibrant week of creativity, performance, and Highland flair right in the heart of the city.

- **People's Emergency Briefing screening** - implications for business in Nairn. Invitation to attend a local screening of the People's Emergency Briefing film on the risks to our country from ongoing damage to nature and to our climate. The film features footage from last November's National Emergency Briefing, which brought together leading UK experts in climate science, food security, health, economics, national security and nature.

- **Work and Wellbeing Event – Portree:**

The poster for the 'Work & Wellbeing' event features a scenic background of Portree. The title 'WORK & Wellbeing' is prominently displayed in blue and pink. Below it, the tagline 'A day of support and connection' is written in a cursive font. The event details are listed in a dark blue box: 'WEDNESDAY 23rd SEPTEMBER' and 'PORTREE COMMUNITY CENTRE' with times '09:30AM' and '2:30PM'. A row of five icons represents the services: a briefcase for 'JOB OPPORTUNITIES', speech bubbles for 'INFORMATION & ADVICE', two people for 'CONNECT & CHAT', a head with a heart for 'MENTAL HEALTH SUPPORT', and a steaming cup for 'HOT DRINKS AND FOOD AVAILABLE'. A note states 'A quiet space is available throughout the day'. Contact information includes a phone number '0300 303 1570', an email 'employ.ability@highland.gov.uk', and a website 'www.worklifehighland.co.uk'. A QR code is provided for more information. The bottom of the poster features the slogan 'Take time for you, your wellbeing, your future everyone welcome | pop in anytime' with a heart icon.

- **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.
- **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](#).

CINEMA NAIRN The Highland Weigh The Pebble Trust National Emergency Briefing

People's Emergency Briefing 16+

On the climate and nature crisis

**Friday 25th September 2026
7.30pm**

Nairn Community & Arts Centre

Brought to you by Cinema Nairn and The Highland Weigh's Climate Café. After the film, enjoy a facilitated discussion along with complimentary coffee and cake.

FREE TO ATTEND
Donations welcome (suggested £3 per person).
Booking is recommended.
To get your tickets: Scan the QR code, online at nairncc.co.uk, call 01667 453476, or visit Reception.
Door entry available if spaces remain.

More information: www.nebriefing.org

- The NHS Highland Health Improvement team and Planet Youth are delighted to inform you that we are running a new block of **Speakeasy sessions for parents and carers**.

What are Speakeasy Sessions?

Does the thought of speaking to your child or adolescent about growing up, their health, risk-taking behaviours, relationships or sexual health worry or confuse you? If so, Speakeasy sessions can help. All sessions last 90 minutes and are run **online** in small group sessions. These groups are kept small to allow for conversation, are relaxed, informal and allow for sharing thoughts and ideas. You can become as involved as you like or just sit and listen, your choice entirely.

Thursday 24th September 6:30PM-8PM

[How to discuss puberty, periods and sexual health with your child.](#)

Thursday 1st October 6:30PM-8PM

[The adolescent brain and risk-taking behaviour](#)

Thursday 8th October 6:30PM-8PM

- [Make a Difference in Your Community – Volunteer with Skye & Lochalsh Citizens Advice Bureau:](#)

citizens advice bureau

Looking to gain new **skills** and make a **difference** to peoples lives?

- **MyJobScotland:** for public and third sector [vacancies](#).
- **totaljobs:** for private sector [vacancies](#).
- **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](#).

[Healthy relationships, consent and the law](#)

If you would prefer - you can email Katia or Vicki and they will be happy to book you onto a session: : katia.narzisi@nhs.scot and victoria.clark5@nhs.scot

MENTAL HEALTH & WELLBEING

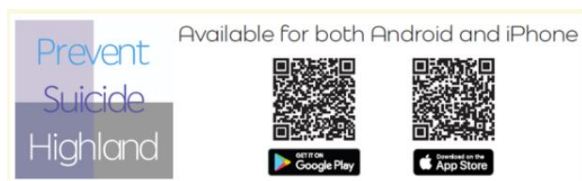
- [Highland Mental Wellbeing](#) – this website is a list of services, information and training around the subject of mental health and wellbeing. It also provides information about training and resources for community/service volunteers or paid staff, in a ‘helping’ or supporting role.

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



- **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,

COMMUNITY SAFETY & RESILIENCE

- **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

- [Cairngorms Fire Recovery Fund](#): Small businesses affected by the recent forest fire in the Cairngorms area are invited to

and social well-being. Regardless of age and ability, there really is something for everyone.

- **Autumn Think Health Think Nature Newsletter:** Welcome to the Autumn Edition of the Think Health Think Nature Newsletter. As ever, lots of exciting things happening in the world of green health in our region! We hope you enjoy reading it and please do let us know if you would like anything featured in the winter edition by 1st December 2026.

In this edition, you can read about The Highlands and Islands Climate Festival, the Nature of Scotland Awards 2026 plus a lot more. To read in full, click [here](#).

- **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 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.

apply to the Cairngorms Fire Recovery Fund.

On 6 August 2026, The Scottish Government announced a £3 million fund to support businesses affected by the Cairngorms wildfire which is now being administered by The Highland Council.

Eligible businesses impacted by the fire by a loss of income by more than 20% are invited to apply to the fund for financial assistance to help the business recover, stabilise operations and resume trading as quickly as possible.

- **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.

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](#)