

The Community Briefing

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
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	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 Scottish Government Wants Your Views on Local Place Planning: Scottish Government has launched a review of Local Place Plans (LPPs), aiming to look at the effectiveness of LPPs and the level of influence they are having, as a relatively new part of the planning system. The review will also consider the resources available to support communities to prepare them. Scottish Government will

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](#).

- **[Local Improvement Fund | Highland Third Sector Interface \(HTSI\)](#)**: The Highland Alcohol & Drugs Partnership (Highland ADP) has awarded Scottish Government funds for third sector organisations in Highland. We are offering grants of up to £10,000 maximum to be spent from April 2027, on building organisational capacity and promoting resilience in the sector.

Investment in community-led approaches has enabled increased participation in local services and facilitated effective collaboration between providers, and we are delighted with the impact this has had on communities affected by alcohol and drug harms.

However, we recognise the very real pressures organisations currently face around financial uncertainty, capacity and staff wellbeing. In addition, the amount available this year is reduced to £58,500.

For further information please click the link in the title above.

- **SSEN Transmission: Melgarve Cluster Local Fund Consultation**: SSSEN Transmission has launched a consultation on the development of a new community benefit fund for communities close to the Melgarve Cluster project. The fund is expected to be worth £1.23 million and will cover the community council areas of Stratherrick & Foyers and Laggan. SSSEN Transmission is committed to ensuring that this funding reflects the priorities of the people who live and work near the project infrastructure. A programme of in-person and online consultation events will run in October, with an online survey open between Thursday 1 October and Thursday 12 November. For more information visit the website [Melgarve Cluster Local Fund](#)

report to Parliament on the findings early next year.

As well as gathering statistical evidence on the numbers of LPPs that have been prepared so far, Scottish Government would welcome your insights and perceptions. **You can help by completing this survey: [Scottish Government Local Place Plans Review – Fill in form](#). The survey will be open until the end of October.**

Scottish Government is also holding some short online workshops to allow discussion and feedback from people from a range of communities who have prepared an LPP for their area, and other organisations which have supported the LPP process or interacted with a particular LPP. The workshops will help inform Scottish Government's understanding, particularly of different communities' experiences, and be reflected in the review.

Each workshop will last for one hour and will be focused around a series of discussion questions (the same for each workshop) which Scottish Government will share with participants in advance. Dates and times:

Tuesday 20 October - 3-4 pm

Thursday 22 October 10-11 am

Friday 30 October 1-2 pm

Spaces are limited. If you are interested in taking part, please contact chief.planner@gov.scot by **Friday 16 October** stating which workshop you would prefer to attend.

- [SSEN Transmission](#) or contact community.benefit@sse.com

- **Recruitment open for Local Investment Forum for West and Mid Highland:**
Recruitment is now open for members of the Local Investment Forum for West and Mid Highland, which will be responsible for assessing and deciding on applications to SSEN Transmission's community benefit funds across the region. The forum's initial focus will be the [Skye Reinforcement Local Fund](#), which has been co-created with communities hosting transmission infrastructure in Skye and Raasay, Glenelg and Arnisdale, Glengarry, and Fort Augustus and Glenmoriston.

Local residents are now invited to apply to join the decision-making forum for this fund and future funds across the West and Mid Highland region. You don't need previous experience in making funding decisions. SSEN Transmission is looking to build a diverse forum of people who understand their communities and can bring valuable local knowledge and insight. Applications from younger people and those from underrepresented groups are particularly welcomed.

Applications are now open. Find out more and apply via the SSE Careers website [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.

- **Help With Childcare Costs:**



Need help with childcare costs?

Short-term childcare support may be available

If you are finding it difficult to pay for childcare due to a change in circumstances or financial pressure, the Childcare Support Fund may be able to help.

- Help with childcare costs
- Support during financial hardship or loss of income
- Help following illness, bereavement or family challenges
- Support to help you stay in work, training or education

What should I do?

Speak to your local childcare provider about the Scottish Government Childcare Support Fund. Eligible childcare services can apply on your behalf, or you can also apply yourself.

Important: If you receive Universal Credit childcare support, or other financial support, please speak to your Work Coach or benefits advisor before accessing the Fund. CALA are proud to partner with the Scottish Government in supporting families to access the Childcare Support Fund.

Contact us:

 info@calachildcare.co.uk

Available to eligible families across the Highlands and Islands

Rolling application process, see website for details



Are you a childcare provider?

You could help a family access childcare support

CALA is proud to partner with the Scottish Government in supporting families across the Highlands and Islands through the Childcare Support Fund.

You may be able to apply on behalf of families who are:

- Struggling with childcare costs
- Experiencing financial hardship or loss of income
- Affected by illness, bereavement or caring responsibilities
- Seeking to maintain or access work, training or education

For childcare providers

- ➔ Available to Care Inspectorate-registered childcare services.
- ➔ Funding can help eligible families access or maintain childcare during periods of challenge or transition.
- ➔ Applications are made by childcare providers on behalf of families.

A simple conversation could help a family stay connected to childcare, work and learning.

Contact CALA:

 info@calachildcare.co.uk

Supporting families and childcare providers across the Highlands & Islands.

Rolling application process, see website for details

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.

- **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 eligible organisations across Highland are being encouraged to apply for funding through the 2026/27 Highland Nature Restoration Fund (NRF) Community Grants Programme. Applications will be assessed on a rolling basis.
- **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

- **Call for Ideas:** The Highland Council are currently preparing the new Highland Local Development Plan (HLDP). As part of this process, we are undertaking a Call for Ideas.

Communities, residents and businesses are invited to share local planning ideas on how land and buildings within Highland could be used, improved, protected or developed. These ideas will help to inform policies, development requirements and placemaking priorities in the new HLDP.

The Call for Ideas survey is now **open** and will run **until 18 September 2026**:

[Call for Ideas Survey | The Highland Council](#)

If you have any queries, please contact:

HLDP@highland.gov.uk.

The graphic features a teal header with the Highland Council logo. The main text asks 'Do you have any ideas for Highland?' in a large, bold, black font. Below this, it states: 'Highland Council are seeking ideas for local areas and land that could be better used, improved, protected or developed such as for local facilities, greenspaces, climate adaptation, access, biodiversity, placemaking, and more.' A QR code is displayed, with the Highland Council logo overlaid. To the right of the QR code are two circular buttons labeled 'Place idea' and 'Policy idea'. At the bottom, it says 'Survey open until 20 November 2026' and provides the URL 'engage.highland.gov.uk/en-GB/projects/call-for-ideas-survey'.

- **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 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

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, 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)

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.

- **Planet Youth Newsletter:** Please have a read of yet another fantastic roundup of activity from Planet Youth across Highland. There is information on the Substance Aware School Awards, Highland Substance Awareness Toolkit, guidance on adding value to funding applications, Cyber Byte - Helping young people become cyber defenders, as well as available training and resources.
- **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.
- **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.

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

- **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

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

- **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 and NHS Highland holistically support our Armed Forces and Veterans community and deliver the Armed Forces Covenant Duty. More information can be found [here](#).
- **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's Engagement Portal:**

More than 2,500 people have now registered on the Council's new

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
- **[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

Engagement Portal -
<https://engage.highland.gov.uk/en-GB/>
and current engagement projects open for comment are as follows:

Greenspace biodiversity management strategy (just a few days left to take part)

A835 Conon Bridge and Corntown Junctions

Consultation on Introduction of a Proposed Visitor Levy Scheme

Dark Skies: Reducing Light Pollution - Planning Guidance and Future Policy

Call for Ideas Survey - Communities, residents and businesses are invited to share local planning ideas

Have a look at the site today and if you register, you can get automatic updates on subjects and geographic areas of interest to you, as well as being able to ensure your voice is heard. The 'events' section also lets you know when and where our teams are out and about. If you need any more information, just email engage@highland.gov.uk

- **[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, 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.
- **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](#).

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?

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

1Staff 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 will 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

- **Child Protection Training:** Child Protection Training is available free of charge to anyone who has contact with children in Highland. This includes those working with families and in adult services. Child Protection Training in Highland is developed and delivered in line with the National Learning and Development

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

Framework for Child Protection. For a full list of available training courses, click [here](#).

- **[Talk Money Week: 2-6 November:](#)**



- **Visitor Levy Consultation Webinar:**

Keen to know more? Come along to an online information webinar as part of the public consultation on a proposed Tiered Fixed-Amount Visitor Levy proposal.

Wednesday 28 October, 6.30pm

Approx. 1 hour

The statutory public consultation survey on [Engage Highland](#) is the formal way to provide feedback on the proposal. Alongside the survey, these webinars provide an opportunity to:

Learn more about the proposed Visitor Levy

Hear directly from the project team

Submit questions in advance

Please note that the session will not be recorded, and that video, microphone and chat functions will not be available during the event to enable as many people as possible to take part and for questions to be answered efficiently.

Register for a webinar and submit a question:

[Register to Attend](#)

Questions from registered attendees must be received by email to:
visitorlevyconsultation@highland.gov.uk
by **12 noon** on the day before the webinar.
To ensure as many questions as possible

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](#).

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

can be addressed, submissions will be grouped by theme where appropriate and presented anonymously during the session.

Complete the Visitor Levy statutory public consultation survey:

[Engage Highland - Visitor Levy](#)

The consultation closes on **30 November 2026**.

Need a paper copy of the survey?

Paper copies can be requested by 01349 781020

Email:

visitorlevyconsultation@highland.gov.uk

In-person: By requesting a copy from any Highland library or service point.

- **[HTSI Annual AGM and Assembly:](#)**
This is your opportunity as a Third Sector organisation to select your representatives for Highland public sector led policy partnerships, committees and groups.

Please join us for our annual Highland Third Sector Assembly and AGM bringing together our vibrant Third Sector community for a day of insightful discussions, networking, and decision-making.

This year's event will feature:

Our Annual General Meeting
Showcase from all the HTSI Teams
An opportunity to hear from our current Third Sector Reps and to vote in new representatives
Tabletop discussions about the future of HTSI

We are looking to use the views of our members to inform our future strategy, ensuring that we can work efficiently and effectively for the sector.

To ensure that we gather views from across the membership of HTSI, it is crucial that all areas of Highland and the diversity of activity within our sector are represented.



- **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](#).

If travel costs pose a challenge for any organisations, please reach out to us. We will do our utmost within our means to ensure that financial constraints do not hinder participation.

- **Come Along to Hub X:**



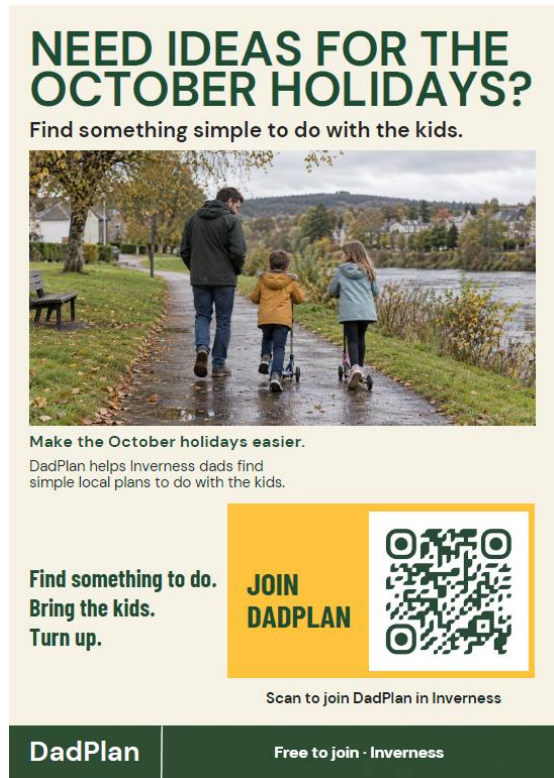
- **Befriending Network - Connected Lives Dementia and Social Connection**

Training: Do you want to help make your community more dementia-resilient? With the number of people in the UK with dementia predicted to rise to over 1.4 million by 2040, it is vital that we are equipped with the skills to support those living with dementia.

Connected Lives Dementia and Social Connection training will empower you to plan and deliver dementia-inclusive events and services in your community. The course blends research, case studies and practical advice with lots of opportunities for discussion and peer learning. The course has been externally reviewed by the Dementia Service Development Centre at the University of Stirling and is CPD certificated. Join online or in-person at 20 locations across Scotland.

Training sessions are free, but places are limited, so [book now](#) to avoid disappointment.

- **DadPlan – Inverness:**

A promotional poster for DadPlan Inverness. At the top, the text 'NEED IDEAS FOR THE OCTOBER HOLIDAYS?' is in large, bold, green letters. Below it, in smaller black text, is 'Find something simple to do with the kids.' The central image shows a man and two children walking away from the camera on a wet, paved path next to a river. The man is wearing a dark jacket and jeans, and the children are wearing colorful coats. The background shows a park-like setting with trees and a building in the distance. Below the image, the text 'Make the October holidays easier.' is in bold, followed by 'DadPlan helps Inverness dads find simple local plans to do with the kids.' To the left of a QR code, the text 'Find something to do. Bring the kids. Turn up.' is displayed. The QR code is on a yellow background with the text 'JOIN DADPLAN' above it. Below the QR code, it says 'Scan to join DadPlan in Inverness'. At the bottom, there is a dark green bar with 'DadPlan' on the left and 'Free to join - Inverness' on the right.

- **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.

Learning outcomes:

By the end of the course, participants will:
Be aware of own and client attitudes, and
how they may impact on practice.

Recognise Basic Motivational Interviewing principles and key delivery skills for behaviour change.

Demonstrate how to measure alcohol units

Describe the effects of alcohol and various drug categories

Discuss how to raise the issue of drugs and alcohol, including identifying potential signs and situations

Practice delivery of brief interventions to motivate young people to change behaviour and reduce alcohol and/or drug use

Be able to apply the options for harm reduction, cutting down, and coping strategies.

To book onto this course please register for a free Turas course using this link: [Turas | Sign up](#)

Then book your space using this link:
[Drugs and alcohol : discussing drugs and alcohol with young people | Turas | Learn](#)

All bookings must be made individually - we cannot book groups on I am afraid - each member will need to register then book.

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

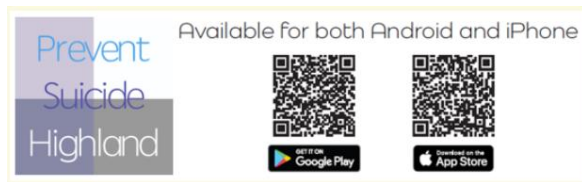


- **Prevent Suicide Highland App** - This easy-to-use app helps should you ever find yourself in distress, feeling hopeless or suicidal in the future. The app is available

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.

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.

- **Mental Health First Aid Training:**



- **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.

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.
- **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.

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](#)