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	• **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 • **NHS Key Stakeholder Update:** Broadford Hospital on Skye has experienced water damage as a result of the recent storms. NHS Highland has put contingency plans in place to make sure the hospital, and its services remain operational while remedial works are carried out. Some areas of the building have been closed off, and services from

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.

- **SSEN Transmission: Aberarder Local Fund Consultation -** SSEN Transmission is launching a consultation on the development of a new community benefit fund for communities near the Aberarder Wind Farm Connection. The £785,000 fund will provide dedicated community benefit funding to those living in the Strathnairn 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. The consultation, launching on Monday 26 October, welcomes thoughts and views of all community members in the area to help shape how the fund is designed and delivered. To find out more, visit the SSEN Transmission Community Benefit website or contact community.benefit@sse.com.

- **SSEN Transmission: South Loch Shin Local Fund Consultation -** SSEN Transmission has launched a consultation on the development of a new community benefit fund for communities near the Lairg II and Chleansaid wind farm connections. The £1,620,000 South Loch Shin Local Fund will provide dedicated community benefit funding to those living in the Lairg and Rogart community council areas.

  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 session have been arranged for November, with an online survey open between Monday 16 November and 14 December. For more information, visit the SSEN Transmission Community Benefit website or contact community.benefit@sse.com

those areas are being delivered from alternative areas within the hospital in the meantime. Patient safety remains the priority throughout.

Patients whose appointments today or in the coming days are affected will be contacted directly by the local team, and anyone who has not been contacted should attend as planned. The public is being informed through NHS Highland's social media channels and local GPs have also been made aware. Further updates will be provided as the works progress and once there is a clearer timescale for the building returning to normal.

- **NHS Highland Unpaid Carers Engagement Hub Consultation:**



- **Inverness, Badenoch & Strathspey Citizens Advice Bureau:**

- **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:** SSEN 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. SSEN 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 - SSEN Transmission** or contact **community.benefit@sse.com**

- **Funding Support from Highlands and Islands Enterprise:** Please click here for a

Current Projects Include

Senior Support Hub: A 3-year project funded by Independent Age to provide advice and support with benefits and income maximisation to clients aged 65+. Project advisors will be based in both the Inverness and Aviemore offices and will cover Inverness, Badenoch and Strathspey. Enquiries to **SSH@invernesscab.org**.

Highland Domestic Abuse Service (HDAS)South: Delivering direct, trauma-informed support and advice for women and families impacted by domestic abuse. The service is fully staffed now and actively receiving referrals. The service covers Inverness, Nairn, Badenoch and Strathspey. Referrals can be made via the **online referral form** or contacting the team directly - **HDAS_South@InvernessCAB.org**

Macmillan Money & More: Supporting people affected by cancer across the Highlands with holistic income maximisation, benefit entitlement, and debt advice to relieve financial pressure during treatment and recovery. The team are based on site at Raigmore and can provide face to face or remote services. Phone: 01463 706 178 Email: **macmillancab@raigmorecab.org**

Thrive Early Project: The project supports low-income households and families most at risk of poverty, reaching families who may not ordinarily approach CAB and this will be achieved via referrals from GPs, midwives, Family Nurse Partnerships, health visitors, social work teams, local minority ethnic charities and other third and public sector agencies and organisations. Any enquires can be directed to **abby.simpson@invernesscab.org**

Loch Ness Outreach: Community-based pop-up sessions across Loch Ness and Aird ward to make our services more accessible for clients in rural and remote areas. CAB advisors offering face to face drop-in sessions for general advice

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.

- **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 including benefits and income maximisation. See **Inverness CAB facebook** for details of upcoming sessions. Enquiries to: **Steve.Jocelyn@invernesscab.org** and **David.Curry@invernesscab.org**.

- **Keep Scotland Beautiful:**

Keep Scotland Beautiful

Keep Scotland Beautiful is Scotland's charity inspiring action for the environment. We support Scotland's communities to recognise the value of their places and heritage and inspire action to protect them.

As part of the Our Heritage, Our Future programme we're offering **FREE** community heritage and climate action planning for groups across Scotland.

We have created a new brochure for interested community groups to learn more about the support we can offer. Through a range of workshops and activities, our team can help your group identify local heritage, learn about climate change, engage the wider community and identify short, medium and long-term actions.

The brochure can be viewed here: **https://www.keepscotlandbeautiful.org/media/slebpecp/a5-chcap-brochure.pdf**

We're looking to for groups to work with us over the coming winter months. If this is of interest to you and your community, please contact **communities@keepscotlandbeautiful.org** as soon as possible.

Our Heritage, Our Future is made possible with Historic Environment Scotland and The National Lottery Heritage Fund, with thanks to National Lottery players.

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 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:

- **Help With Childcare Costs:**





- **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

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

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.

- **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**.

Information for Families

Army HIVE have provided the following helpful information for families about BFPO Christmas Postal Dates and

- **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**

Remembrance Free Rail Travel for Bereaved Families.

For more information, click **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 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**.

TRAINING/EVENTS

- **Winter Resilience Webinar SHEPD:**
  We are pleased to invite you to our annual Winter Resilience Webinar for our North of Scotland licence area, taking place on 4 November 2026 between 10am and 10:45am.

  Maintaining a strong and reliable electricity network for our customers and communities remains a top priority for us. We are investing over £2 billion as part of our current business plan to enhance and reinforce infrastructure across both of our licence areas. This investment strengthens the resilience of our network, supporting our commitment to a cleaner, greener, and more secure energy future.

  During the webinar we will be sharing how we're supporting customers and communities this winter, along with additional resources you can share. We'll also give an overview of our future resilience proposals for ED3, the upcoming price control period which runs from 2028-2033, which we'll be submitting to Ofgem in November.

  This winter, as in previous years, we'll be encouraging vulnerable customers to sign up for our Priority Services Register (PSR) to ensure we can proactively plan for their needs in the event of weather-related outages.

EMPLOYABILITY/VOLUNTEERING

- **UHI – Rise Into Care:**



Please be aware that we will be recording the webinar and the recording will be made available on our portal following the event.

If you have any questions or require further information, feel free to reach out to us in advance. We look forward to your participation in this important discussion.

- **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 Framework for Child Protection. For a full list of available training courses, click here.

- **Community Networking Event – Seaboard Centre, Balintore:**

  Come along and find out what's going on in Balintore and surrounding communities.

  The event starts at 1:30PM and finishes at 4PM, so pop in any time that suits you.

  Highland Council, NHS Highland, HALO, Gro For You and a host of other organisations will be in attendance.

  Where: Seaboard Centre, Balintore.

  When: November 4th, 1:30-4PM.

- **What's on South Highland – November 2026:**

  What's on
  November
  South Highland

  Alzheimer Scotland
  Prevent. Care. Cure.

  A host of fantastic groups and clubs as ever – from Carers Support Group, Reminiscence Group and Book Club to Kettles On Drop-in. To read in full, please see the document attached.



- **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.

- Connecting Carers: A Highland based Chairty 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:

- **Partnering for Progress – Mallaig:**

  Come along to the Mallaig and Morar Community Centre to meet local organisations, find out about services and support available in your community and discover more about community projects and place planning in Mallaig and surrounding communities.

  Where: Mallaig and Morar Community Centre

  When: November 5th, 12-4PM

  Why attend: hear from organisations like Highland Council, NHS Highland, Scottish Fire and Rescue and a host of local organisations. Your views matter!

  If you have any questions about this event please contact jamie.kellas@highland.gov.uk

- **Talk Money Week: 2-6 November:**



- **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

- **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:**



- **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.

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. 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.

- **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.

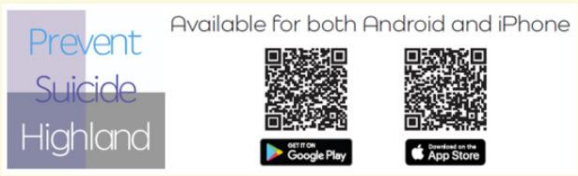
MENTAL HEALTH & WELLBEING

- **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 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:**

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**

- **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.

- **ALIenergy**: 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



- **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.

  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

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: **ALIenergy**.

- **Met Office Weather Warnings**: Information from the Met Office on weather related matters.

	provides support to people who self-harm or at risk of self-harm. 3hr online session Bookable course: **Turas | My Turas | Home**	