



# voluntary health scotland annual report 2007–2008



## message from chair

Eight years after its launch in 2000, Voluntary Health Scotland is now the leading intermediary body for health-facing third sector organisations in Scotland. We are delighted that the Scottish Government increasingly recognises the valuable contribution of the third sector to Scotland's health.

In the current constrained financial climate, all third sector organisations are having to seek ever more imaginative and cost-effective ways to develop their work, and VHS is no exception to this. We believe that, over the past year, we have achieved much with little.

Ongoing promotion of local partnerships for health improvement, through Community Health Partnerships and Councils of Voluntary Service, has proved particularly effective this year, as has the contribution to national policy making. We are also increasingly supporting the involvement of equalities groups in health services participation.

Information provision remains a core function and we are proud of the greatly increased reach of the VHS website and related news bulletins over the last year.

The strength of Voluntary Health Scotland resides in its members and our thanks go to you for adding your voice to ours on behalf of the sector. Thanks must also go to the Director of VHS and the staff team, who have worked with great commitment and enthusiasm, as well as to the VHS Board members for giving freely of their time and expertise.

We remain grateful to our funders, the Scottish Government Health and Wellbeing Directorate and NHS Health Scotland, for their continued financial support and advice.

The last three years have been exciting ones for me as Chair of VHS. We have been presented with challenges which the Board and staff have met with determination, enthusiasm and imagination, and I believe that we have built a strong foundation for the future development of VHS.

**Jack Law**



### VHS Board of Directors

**Robert Bell** CVS Fife

**May Chamberlain** Relate Forth Valley (resigned 29 November 2007)

**Philip Dolan** Scottish Haemophilia Forum

**Dr Monika Fotedar** REACH Community Health Project (appointed 29 November 2007)

**Elizabeth Irvine** Napier University (resigned 14 May 2007)

**Louise Kelly** The Thistle Foundation (resigned 29 November 2007)

**Jack Law** Alcohol Focus Scotland (Chairperson)

**Stephen Maxwell** SCVO

**Kenneth Nicholson** RSVP Scotland

**Katie Rae** Royal College of Nursing Scotland (resigned 29 November 2007)

**Kenneth Steele** Paths to Health

**Tim Street** Tim Street Training and Consultancy Services (Treasurer)

**Margaret Totten** Counselling Services Scotland

**Ian Williams** The Thistle Foundation (appointed 1 June 2007)

### Advisor

**Lizanne Conway** NHS Health Scotland

### The Voluntary Health Scotland Team

**Helen Tyrrell** Director

**Bill Weir** Partnership Development Officer

**Phil McAndrew** IT/Information Officer

**Alison Crofts** Senior Administrator

**Lynne Hampson** Administrative Assistant (retired 30 September 2007)

## supporting membership

Building and supporting a sustainable membership has remained a core function of Voluntary Health Scotland. Membership numbers stood at 262 by March 2008, with Councils of Voluntary Service (CVS) membership at 31.

The VHS membership currently comprises two main groups, one of these being the many third sector groups and organisations working for health improvement in communities – Healthy Living Centres and community health projects. The other considerable proportion of the membership consists of patient interest groups and over 30 organisations working with defined and often marginalised groups such as minority communities, older people, families, excluded young people and those affected by particular conditions and disabilities. Membership of VHS is slightly weighted towards smaller local organisations.

VHS constantly reviews the services it offers to members and over the last year, has made increased efforts to involve members in policy-making processes.

## promoting partnerships for health and supporting the wider third sector

Scotland's current health plan – *Better Health, Better Care: Action Plan* (December 2007) has informed all recent activity of Voluntary Health Scotland. In it, the third sector is cited as instrumental in achieving better health and healthcare for Scotland's people.

With support from the Scottish Government Health and Wellbeing Directorate (SGHWD) and NHS Health Scotland, VHS has continued to contribute to and foster flourishing third sector-government partnerships for health, at both national and local levels.



At local level, VHS celebrated its three years of support for third sector participation in Community Health Partnerships with a successful conference in February – *Community Health Partnerships three years on: productive partnerships with the third sector*, attended by over 150 delegates. The knowledge gained from this event has formed the core of local partnership working for the coming year.

The *Advice Note on the role of voluntary sector members of CHPs* has strengthened the role of the sector in the planning, management and delivery of local health services. VHS has also established a Scotland-wide forum for voluntary and community sector members of CHPs, featuring an on-line discussion forum for exchange of experience and promising practice in partnership working.

Close working has continued with a number of Councils of Voluntary Service (CVS) as they provide the gateway for the inclusion of the local third sector in CHPs.





## taking forward health improvement and tackling health inequalities

Voluntary Health Scotland has continued to support the recommendations of *Healthy Communities: a shared challenge* by playing an active part in the *Meeting the Shared Challenge National Support Programme for Community-led Health Reference Group*, identifying planning and partnership opportunities for the local third sector.

Late in 2007, an intern with VHS conducted an enquiry of the third sector contribution to health improvement in CHPs, identifying barriers to engagement and key areas in which the sector is making a significant difference.

The SGHWD commissioned Voluntary Health Scotland to undertake for the Ministerial Task Force on Health Inequalities a scoping exercise of third sector views of current government economic, employment and early years policies to tackle Scotland's health inequalities. At the same time, VHS identified innovative action by third sector groups and organisations both to avert and to combat the damaging effects of poverty on health.

The report *Tackling Health Inequalities and Poverty – Consultation with Scotland's Third Sector* was submitted to the SGHWD at the end of March.

In partnership with third sector health improvement networks, VHS mounted an exhibition within the Scottish Parliament in February to raise awareness of the value of community-led health work. Around 35 MSPs registered interest in the work and a jointly prepared leaflet was distributed.

## disseminating information to stakeholders

The retrieval and dissemination of an extensive range of information to a wide third sector, government and public audience has remained central to the purpose of Voluntary Health Scotland.

In the past year, VHS information provision has greatly increased: the interactive capacity of the website has been extended, the total number of hits averaging 60,000 a month (up by 80%) and the volume of information downloaded increasing by 216%. Library, events, training courses and news pages are now fully searchable.

The website now also features a secure online discussion forum.

The VHS quarterly *Briefing* has continued, with updates on current health policy and action and members' contributions increasing its size and scope. Interspersed with the *Briefing* have been regular e-news bulletins, with information about events, conferences, parliamentary activity and campaigns. The e-news now reaches over 500 subscribers, each bulletin being viewed over 1,000 times.

VHS continues to use on-line surveys to gain valuable input from the third sector to government consultations. The views of the sector have informed VHS responses to the Government's consultation on the *Better Health, Better Care Action Plan* and its approach to tackling health inequalities and poverty.

During February and March 2008, VHS gathered and submitted third sector views on the Government's Local Healthcare Bill.

## promoting local engagement and public involvement

Voluntary Health Scotland has been supported by the SGHWD since 2002 to assist with its Patient Focus Public Involvement Strategy, working in particular with NHS Special Health Boards and agencies, including Quality Improvement Scotland (QIS) and SIGN (Scottish Intercollegiate Guidelines Network) to promote the inclusion of a broad range of people in planning, delivery and quality standards for health services.

The Partnership Development Officer continues to promote the third sector and the CVS network as a route to local public engagement and is increasingly working to promote diversity in Public Partnership Forums (PPFs). VHS has also contributed to research commissioned by the Scottish Health Council into the progress already achieved by PPFs.

At the same time, VHS has responded to Government calls for views on alternative means of encouraging direct local participation in the NHS.

VHS considers volunteering to be a key element of public involvement in health services and over the last year, VHS has contributed to the *Refreshed Strategy for Volunteering in NHS Scotland*, which was developed by Volunteer Development Scotland.

The organisation has also joined the National Group supporting the implementation of the Strategy.





## ensuring a sustainable Voluntary Health Scotland

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Following six years of Voluntary Health Scotland's operation, NHS Health Scotland and the Scottish Government commissioned a strategic review of VHS, to assess the ongoing strategic position and value of the organisation as a key intermediary body for the health-facing third sector. The Strategic Review was completed in March 2007 and its recommendations have been largely taken forward during this past year 2007–08.

VHS has started the process of business planning for the next three years, with the support of its funders. At the same time, VHS has been making better use of the skills and expertise residing in its Board members, carrying out a Skills Audit to determine the strengths within Board capacity.

Efforts have also been made over the last year to achieve more effective profiling of VHS, by extending its information reach, upgrading the website and providing speakers for and literature at events.

The experience of hosting an intern with Voluntary Health Scotland for three months at the end of 2007 was positive, contributing significantly to research capacity during this period. It is hoped to recruit further interns in the future.

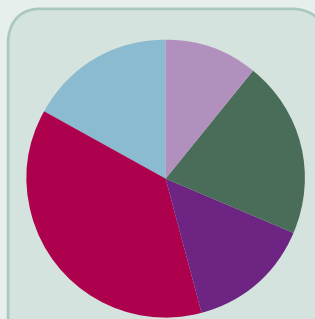
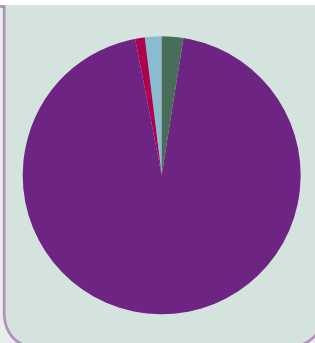
Finally, VHS has maintained close links with SCVO, contributing to its national work on generic policy issues as a key intermediary body within the third sector.

# income and expenditure account

For the period ended 31 March 2008

## Income

■ Subscriptions.....	£5,380
■ Grants.....	£190,500
■ Conference income.....	£2,555
■ Investment income.....	£3,435
<b>Total Income</b>	<b>£201,870</b>



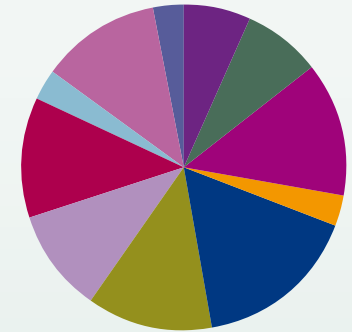
## Expenditure

■ Membership support.....	£22,595
■ Promoting partnerships.....	£42,028
■ Health improvement support.....	£29,330
■ Information services.....	£76,166
■ Patient & public participation.....	£34,623
<b>Total Expenditure</b>	<b>£204,742</b>



## VHS members

- Aberdeen Council of Voluntary Organisations
- Aberdeen Foyer
- Aberdeen Healthy Living Network
- Action for Sick Children (Scotland)
- Age Concern Scotland
- Airdrie CAB
- Alcohol Focus Inverness
- Alcohol Focus Scotland
- Alcohol Support and Counselling Alternatives (Dundee Pregnancy Crisis Trust)
- Alternatives Stress Centre
- Alzheimer Scotland - Action on Dementia
- Alzheimer Scotland Action on Dementia, Argyll & Clyde Region
- Amica Pregnancy Crisis Centre
- Anam Cara Living Centre Ltd
- Angus Association of Voluntary Organisations
- Angus Independent Advocacy
- Angus Mental Health Association
- Arthritis Care
- ASH Scotland
- AUGMENT
- BackCare (Lothian Branch)
- Barnardo's (Scotland)
- Barony Housing Association
- Befriender – A Voluntary Action Project
- Befriending Network (Scotland)
- Birchwood Highland
- Blood Pressure Association
- Body Positive Tayside
- Boots Company PLC
- Borders Voluntary Community Care Forum
- Bowel Cancer UK
- Braveheart
- Breast Cancer Care – Scotland
- BRIDGE Council for Voluntary Services
- British Heart Foundation
- BTCV Scotland
- Bute Community Care Association
- Butterfly Trust
- C Level
- Caledonia Youth
- Cambuslang & Rutherglen CHI
- Cancer Link Aberdeen & North
- Cancerbackup Scotland
- Care for Carers
- Care for Scotland
- CCLASP
- CHANGES Community Health Project
- Changeworks
- Changing Faces Scotland
- ChangingPace (Edinburgh) Ltd
- Chest, Heart & Stroke Scotland
- Childline Scotland and Childline 1st
- Chinese Healthy Living Centre
- Citizens Advice Scotland
- Community Health Improvement and Regeneration Project
- Community Health Exchange (CHEX)
- Community Transport Association
- Consultation & Advocacy Promotion Service (CAPS)
- Contact a Family Scotland
- Contact Point – Barony Housing Association
- Contact the Elderly in Scotland
- COSCA
- Counselling Services Scotland
- Create Ltd
- Crossreach
- Cruse Bereavement Care Scotland
- CSV-RSVP
- CVO Kyle and Carrick
- CVS Clackmannanshire
- CVS Falkirk & District
- CVS Fife
- CVS Hamilton / East Kilbride
- CVS Inverclyde
- CVS Nairn
- CVS Stirling
- CVS West Dumbartonshire
- Deaf Action
- Deaf Connections
- Deafblind Scotland
- Depression Alliance Scotland
- Diabetes UK Scotland
- Down's Syndrome Scotland
- Dumfries & Galloway Federation of VCS
- Dundee Association for Mental Health
- Dundee Voluntary Action Ltd
- East Ayrshire Advocacy Services
- ECAS
- Eczema Scotland
- Edinburgh Advocacy & Representation Service
- Edinburgh Community Mediation Service
- Edinburgh Cyrenians Trust
- Edinburgh Headway Group
- Edinburgh M.E.S.H.Group (M.E. Self Help)
- Edinburgh Voluntary Organizations Council (EVOC)
- ELCAP
- ENeRGI
- Epilepsy Connections
- Epilepsy Scotland
- Epilepsy West Lothian
- Erskine Care
- FAiR
- Fairbridge in Scotland
- Falkirk & District Association for Mental Health
- Family Mediation Scotland
- Family Service Unit Scotland t/a Circle
- Fast Forward Positive Lifestyles Ltd
- Fibromyalgia Friends Scotland
- Fife Advocacy
- Fife Alcohol Support Service
- Flourish House
- fpa Scotland
- Getting Better Together Project
- Glasgow Association for Mental Health
- Glasgow Council for the Voluntary Sector
- Glasgow Council on Alcohol
- Gordon Rural Action
- Haddington CAB
- Handicaps (Lothian)
- Hanover Housing
- Health in Mind
- Health Opportunities Team
- Hearts&Minds
- Help the Aged in Scotland
- High Blood Pressure Foundation
- Highland Community Care Forum
- HIV Scotland
- Home Link Family Support
- Home-Start Perth
- Home-Start UK
- Inverclyde Association for Mental Health
- Islay & Jura Council of Voluntary Service
- Jewish Care Scotland
- K & D Voice
- Lanarkshire Association for Mental Health
- Leonard Cheshire Disability
- Leukaemia Care in Scotland
- Lifecare
- Linked Work & Training Trust (Central)
- Long Term Conditions Alliance Scotland
- Lothian Community Health Projects' Forum
- M.S. Therapy Centre (Stirling)
- M.E. Support
- MacMillan Cancer Support
- Marie Curie Cancer Care
- Mearns Healthy Living Network
- Meningitis Association Scotland
- Meningitis Research Foundation
- Men's Health Forum
- Mental Health Foundation
- Midlothian Befriending Scheme
- Midlothian Healthy Living Project (HELPP)
- Midlothian Voluntary Action
- Mindroom
- Momentum
- Moray Voluntary Service Organisation
- Multiple Sclerosis Society Scotland
- Myeloma UK
- Nari Kallyan Shangho
- National Autistic Society Scotland
- National Osteoporosis Society
- NCH Scotland
- NHS Ayrshire & Arran
- NHS Lothian – Edinburgh CHP
- North Glasgow Community Food Initiative
- North Lanarkshire Health Project
- Northern Corridor Association for Voluntary Services
- One Parent Families Scotland
- Open Secret
- Pain Concern
- PAMIS
- Parkinson's Disease Society
- Parkinson's Disease Society (Dundee & Angus Branch)
- Partnerships for Wellbeing
- Paths for All Partnership
- PENUMBRA
- Pilton Community Health Project
- PKAVS Ltd
- Play Scotland
- Positive Voice
- Possil Stress Centre
- Princess Royal Trust Borders Carers Centre
- Princess Royal Trust Carers Centre (Falkirk and Clackmannanshire)
- Princess Royal Trust Dundee Carers Centre
- Project Ability
- PROP Stress Centre
- Psoriasis Association
- Ramblers' Association Scotland
- Rankeillor Initiative
- RCA Trust
- RCN Scotland
- REACH Community Health Project
- Meningitis Research Foundation
- Relate Forth Valley
- Renfrewshire Association for Mental Health
- Renfrewshire Community Health Initiative
- Renfrewshire CVS
- Revive MS Support
- RNIB Scotland
- RNID Scotland
- Roy Castle Lung Cancer Foundation
- Royston Stress Centre
- RSVP Scotland
- SACRO
- Safe Space
- Salvation Army Social Services
- Samaritans in Scotland
- Scottish Association for Mental Health (SAMH)
- Scottish Association of Prostate Cancer Support Groups
- Scottish Consumer Council
- Scottish Development Centre for Mental Health Services
- Scottish Haemophilia Forum
- Scottish Huntington's Association
- Scottish Institute of Human Relations
- Scottish Marriage Care
- Scottish Motor Neurone Disease Association
- Scottish National Blood Transfusion Association
- Scottish Partnership for Palliative Care
- Scottish Society for Autism
- Sense Scotland
- Sense Scotland – Dundee Branch
- Shetland Council for Social Service
- Sikh Sanjog
- Sleep Scotland
- SPOKES (The Lothian Cycle Campaign)
- Stepping Stones for Families
- Stewartry CVS
- Stirling & District Association for Mental Health
- Stirling Citizens Advice Bureau
- Stirling Health & Well-Being Alliance
- Sustrans Scotland
- Tak Tent Cancer Support Scotland
- Telephone Helplines Association
- Terrence Higgins Trust Scotland
- The Ark
- The Council for Music in Hospitals
- The Dochas Fund
- The Haven
- The Junction – Young People, Health & Wellbeing
- The Meningitis Trust
- The PBC Foundation
- The PF Counselling Service
- The Robert Gordon University
- The Stroke Association
- The Thistle Foundation
- Tim Street Training and Consultancy Services
- Tourette Scotland
- Tuberous Sclerosis Association
- UKPHA (Scotland)
- Universal Comedy
- Visibility
- Voluntary Action – East Renfrewshire
- Voluntary Action Orkney
- Volunteer Centre – East Ayrshire
- Volunteer Centre Stirling
- Volunteer Development Scotland
- VONEF
- VSA Carers Centre
- Waverley Care
- Wellspring (Scotland) Ltd
- Wester Hailes Health Agency
- Wigtown Council for Voluntary Service
- WRVS
- Youth Scotland
- YWCA Scotland



## VHS membership analysis

- Cancer | Heart Disease | Stroke **6.9%**
- Mental Health **7.6%**
- Specific Conditions **13.4%**
- Alcohol | Drugs | Tobacco **3.1%**
- Community Health Initiatives | Healthy Living Centres | Health Promotion | Homelessness | Refugees **16.4%**
- Families | Young People | Older People **12.6%**
- Equalities Groups: BEM | LGBT | Disability | Faith Groups | Gender **10.3%**
- Carers | Advocacy | Befriending | Volunteering **11.8%**
- Sexual Health | HIV/AIDS **3.1%**
- CVS **11.8%**
- Professional Associations **3.1%**



17 Waterloo Place Edinburgh EH1 3BG  
 Tel: 0131 557 6845 Fax: 0131 652 5999  
 Email: mail@vhscotland.org.uk  
 Web: www.vhscotland.org.uk