



voluntary health scotland  
annual report 2006–2007

## message from the VHS chairperson

*Set up in 2000, Voluntary Health Scotland has been an independent voluntary organisation for the last three years. While our sector's contribution to a healthier Scotland is now more readily recognised than ever, the ongoing challenges are many, with an ever present need to match urgent priorities for action with diminishing resources.*

*The Strategic Review of VHS, carried out over the past year, establishes VHS as key intermediary body in the health policy landscape. We have already taken up the challenges in the Review's recommendations, making the best use of our resources to support voluntary health action, promote public involvement and contribute to national and local health policy.*

*We are proud of our progress this year, which has been characterised by an increased range of outputs in the context of an increasingly constrained funding environment.*

*Particularly successful recently has been the work with Community Health Partnerships and with councils of Voluntary Service across Scotland to improve local partnership working for health improvement and care. At the same time VHS has successfully partnered other national intermediary bodies, as well as the Scottish Executive and NHS Health Scotland in supporting and promoting community-led approaches to health improvement.*

*VHS is now well known for the quality and topicality of its information service, with visits to the website greatly increased over the past year and the information and news functions extended.*

*My thanks go to the VHS Director and staff team, as well as to members of the Board and the many organisations which are members of VHS, for their commitment, enthusiasm and hard work in the past year.*

*At the same time thanks are due to our funders, the Scottish Executive Health Department and NHS Health Scotland, for their continuing financial support and advice.*

*Jack Law*



### VHS board of directors

**Robert Bell** CVS Fife

(appointed 30 November 2006)

**May Chamberlain** Relate Forth Valley

**Philip Dolan** Scottish Haemophilia Forum

**Angela Donaldson** Arthritis Care Scotland

(resigned 30 November 2006)

**Elizabeth Irvine** Napier University

**Louise Kelly** The Thistle Foundation

**Jack Law** Alcohol Focus Scotland

(Chairperson)

**Stephen Maxwell** SCVO

**Kenneth Nicholson** RSVP Scotland

(appointed 1 February 2007)

**Katie Rae** Royal College of Nursing Scotland

**Kenny Steele** Paths to Health

**Tim Street** fpa Scotland (Treasurer)

**Margaret Totten**

Counselling Services Scotland

### 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



## supporting membership

Building and supporting a sustainable membership is a core function of VHS. Membership numbers have grown by 11% in the past year, reaching 310 in March 2007. The number of Councils of Voluntary Service which are members of VHS has increased to 37 over the last year, reflecting their key role in the governance and activities of Community Health Partnerships.

As always, the VHS membership comprises many groups and organisations working for health improvement in communities – Healthy Living Centres and neighbourhood health initiatives – as well as large numbers of patient interest groups and voluntary organisations supporting particular groups such as minority communities, older people and those affected by particular conditions and disabilities. Membership of VHS is slightly weighted towards smaller local organisations.

In the past year, VHS has increased information provision for members and greatly extended the interactive capacity of the VHS website.

## promoting local partnerships for health

With support from the Scottish Executive Health Department, VHS has continued to champion the role of the voluntary and community sector in local Community Health Partnerships (CHPs).

A second Advice Note supporting participation by the sector in CHPs was produced at the end of 2006, helping to strengthen participation in the planning, management and delivery of local health services. The VHS Partnership Development Officer has worked with both NHS managers of CHPs and the local voluntary sector across Scotland, leading on two learning and development days designed to increase mutual understanding and engagement.

VHS has established a Scotland-wide forum for voluntary and community sector members of CHPs and an associated on-line discussion forum for news and exchange of experience. At the same time, a partnership appraisal checklist has been developed, allowing VHS to monitor progress and identify ongoing challenges to participation.



## taking forward community-led health improvement

The national Task Group for community-led approaches to health improvement concluded its work at the end of 2006. With support from NHS Health Scotland, VHS contributed to this group since its inception in 2004 and has continued as a member of the Implementation Group into 2007.

The Group reviewed the evidence for community-led health improvement action, mapped current practice across Scotland and identified both planning and partnership opportunities for communities as well as the infrastructure support required to sustain participation.

In support of the Task Group's recommendations, VHS has developed proposals for developing its programme of support for the local voluntary sector through the recruitment of regional development workers – these proposals have been put forward to the Big Lottery for additional funding.

During 2006 and working in partnership with CHEX, VHS extended its enquiry into the workforce development needs of the voluntary and community sector. The enquiry revealed an ongoing need for business and strategic planning skills acquisition and the extending of flexible learning and development opportunities to meet these needs. A mapping of training opportunities was included. This work was supported by NHS Education for Scotland.

The findings of the enquiry were presented at a National Public Health Workforce event in the spring of 2006 and again in partnership with SCVO and Skills for Health in March 2007.



## disseminating information for the voluntary health sector

Information retrieval and dissemination remains a core function of VHS. In the past year, the VHS website has extended its scope and content and now has greatly increased interactive capability. The Information pages are updated almost daily. Total sessions on the VHS website now exceed 12,000 a month.

The quarterly Briefing for members continues, with updates on current health policy and action and members' contributions increasing the size and scope of each edition. Interspersed with the VHS Briefing are regular e-news updates, with information about events, conferences, parliamentary activity and campaigns.

VHS continues to use on-line surveys both to carry out its own enquiries – for example, on the implications of the smoking ban for voluntary organisations – and to elicit responses to government consultations.



In partnership with NHS Education for Scotland, VHS has promoted better patient, public and voluntary sector access to NHS on-line health information libraries and now posts details of new academic and vocational courses and opportunities for ongoing learning and development.

In advance of the Scottish Elections in May 2007, VHS produced its own Manifesto for the Scottish Elections, reflecting the aspirations of its membership and urging prospective parliamentary candidates to support the sector's role in a healthier Scotland by ensuring sustainability through increased resources.

## promoting patient focus and public involvement

Supported by the Scottish Executive Health Department since 2002 to assist with the NHS Patient Focus Public Involvement Strategy, VHS has worked with the NHS, including Special Health Boards, to promote the inclusion of a broad range of people in the planning and delivery of health services. Particular encouragement has been given to NHS Boards to listen to the voices of more excluded groups in accordance with *Fair for All – the wider agenda*.

The VHS Partnership Development Officer continues to promote the local voluntary sector as a route to public engagement and is increasingly working through CVSs which hold a key position in relation to CHPs and their associated Public Partnership Forums. Work has also taken place with the Scottish Health Council to promote public involvement in its monitoring of the effectiveness of local health services.

VHS is committed to the promotion of the National Standards for Community Engagement as the best means of assessing local participation in the planning and delivery of NHS services.



## ensuring a sustainable voluntary health scotland

Over the past year, VHS has reviewed its internal regulation and governance mechanisms – as at March 2007, VHS had nearly completed a revision of its key policies and procedures and carried out an assessment of risks facing the organisation, with help from VHS Board members.

In January of this year, Voluntary Health Scotland's two funders, NHS Health Scotland and the Scottish Executive, commissioned a strategic review of Voluntary Health Scotland, to assess the ongoing strategic position and value of the organisation as a key umbrella body for the voluntary health sector. The recommendations of the Strategic Review were being finalised in March of this year.

Informed by early findings from the Review, VHS is now exploring additional sources of funding in order to increase its policy and research capacity and widen its fieldwork base. At the same time, VHS is making better use of the skills and expertise of its Board members and the membership to increase the sustainability of the organisation.

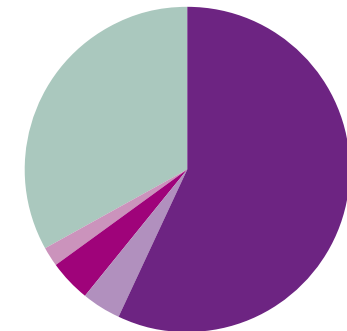
## income and expenditure account

For the period ended 31 March 2007

### Incoming resources

**£195,373**

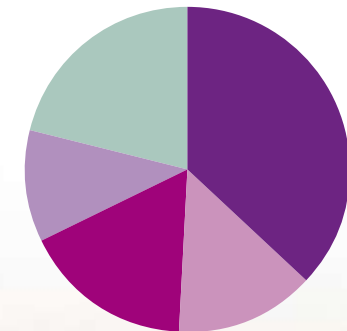
Subscription income	£4,790
<b>Grants received:</b>	
NHS Health Scotland	£65,000
Scottish Executive	£110,000
NHS Education for Scotland	£8,000
Other income (conference & investment income)	£7,583

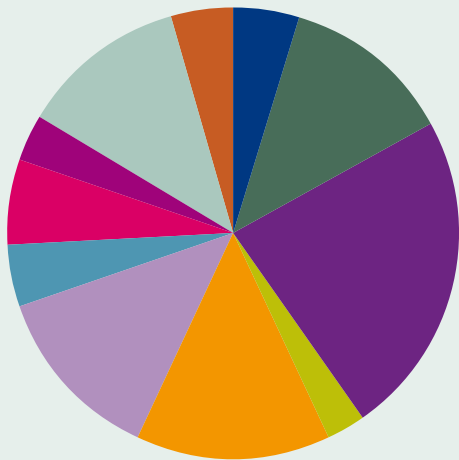


### Resources expended

**£192,302**

Membership Support	£21,346
Local Partnership Building	£39,422
Information Services	£71,536
Health Improvement Support	£27,499
Patient and Public Participation	£32,499





## VHS membership analysis

- Cancer | Heart Disease | Stroke **4.8%**
- Mental Health **12.4%**
- Specific Conditions | Disability **23%**
- Alcohol | Drugs | Tobacco **2.9%**
- Community Health Initiatives | Healthy Living Centres | Health Promotion **14%**
- Families (4.8%) | Young People (4.8%) | Older People (3.2%) **12.8%**
- Minority Groups: BEM | LGBT | Homeless People | Refugees | Faith Groups **4.4%**
- Carers | Advocacy | Befriending | Volunteering **6%**
- Sexual Health (1.6%) | HIV/AIDS (1.9%) **3.5%**
- CVS **11.7%**
- Professional Associations **4.4%**



## membership

- Aberdeen Council of Voluntary Organisations
- Aberdeen Foyer
- Aberdeen Healthy Living Network
- Aberlour Child Care Trust
- Action for Sick Children (Scotland)
- ADD IT UP
- Age Concern Scotland
- Alcohol Counselling Inverness
- Alcohol Counselling Service (Ross-Sutherland)
- Alcohol Focus Scotland
- Alcohol Support & Counselling
- Alternatives (Dundee Pregnancy Crisis Trust)
- Alternatives Stress Centre
- Alzheimer Scotland - Action on Dementia
- Amica Pregnancy Crisis Centre
- Anam Cara Living Centre Ltd
- Angus Association of Voluntary Organisations
- Angus Independent Advocacy
- Angus Mental Health Association
- Argyll CVS
- Arthritis Care
- ASH Scotland
- Asthma UK Scotland
- AUGMENT
- Backcare
- Barnardo's (Scotland)
- Barony Housing Association
- Be Well
- Befriender - A Voluntary Action Project
- Befriending Network (Scotland)
- Bethany Christian Trust
- Bipolar Fellowship Scotland
- Birchwood Highland
- Blood Pressure Association
- Body Positive Strathclyde
- Body Positive Tayside
- Boots Company PLC, The
- Borders Voluntary Community Care Forum
- Bowel Cancer UK
- Braveheart
- Breast Cancer Care - Scotland
- BRIDGE Council for Voluntary Services
- British Deaf Association
- British Heart Foundation
- British Red Cross
- BTCV Scotland
- Bute Community Care Association
- Butterfly Trust
- C Level
- Caledonia Youth
- Cancer Link Aberdeen & North
- Cancerbacup Scotland
- Care for Carers
- Care for Scotland
- Castle Furniture Ltd
- Castlemilk Stress Centre
- CAVOC
- CCLASP
- Central Fife Association for Mental Health
- CHANGES Community Health Project
- Changeworks
- Changeworks (Warm and Well)
- Changing Faces Scotland
- Chest, Heart & Stroke Scotland
- CHEX Community Health Exchange
- Childline Scotland
- Children's Hospice Association Scotland
- Chinese Healthy Living Centre
- Citizens Advice Scotland
- Cobhair Bharraigh
- Community Health Improvement and Regeneration Project
- Consultation & Advocacy Promotion Service (CAPS), The
- Contact a Family Scotland
- Contact Point - Barony Housing Association
- Contact the Elderly in Scotland
- COPE
- COSCA
- Counselling Services Scotland
- Create Ltd
- Crossreach
- Cruse Bereavement Care Scotland
- CSV
- 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
- Cystic Fibrosis Trust
- D3 Media Partnership
- Deaf Action
- Deaf Connections
- Deafblind Scotland
- Depression Alliance Scotland
- Diabetes UK Scotland
- Castle Furniture Ltd
- Drumchapel Community Health Action Team
- Dumbarton Area Council on Alcohol
- Dumfries & Galloway Federation of CVS
- Dundee Association for Mental Health
- Dundee Voluntary Action Ltd
- East Ayrshire Advocacy Services
- East Dumbartonshire CVS
- ECAS
- Eczema Scotland
- Edinburgh Community Mediation Service
- Edinburgh Cyrenians Trust
- Edinburgh Family Service Unit
- Edinburgh Headway Group
- Edinburgh M.E.S.H. Group (M.E. Self Help)
- Edinburgh Tenants Federation
- Edinburgh Voluntary Organizations Council (EVOC)
- ELCAP
- ENeRGI
- Energy Action Scotland
- Epilepsy Connections
- Epilepsy Scotland
- Epilepsy West Lothian
- Erskine Care
- FAIR
- Fairbridge in Scotland
- Falkirk & District Association for Mental Health
- Falkirk Pregnancy Crisis Centre/ Crossline Central
- Fast Forward Positive Lifestyles Ltd
- Fibromyalgia Friends Scotland
- Fife Advocacy
- Fife Alcohol Support Service
- Fife Epilepsy Network
- Fife Men Project
- Fife Primary Care NHS Trust, Health Promotion Fife
- Flourish House
- Forth Valley Advocacy
- fpa Scotland
- Getting Better Together Project
- Glasgow Association for Mental Health
- Glasgow Braendam Link
- Glasgow Council for the Voluntary Sector
- Glasgow Council on Alcohol
- Glasgow Simon Community
- Gordon Rural Action
- Greater Glasgow Health Board
- Haddington CAB
- Handicabs (Lothian)
- Health in Mind
- Health Opportunities Team
- Healthy Living and Sensory Awareness Project
- Hearts&Minds
- Help the Aged (Scotland)
- High Blood Pressure Foundation
- Highland Community Care Forum
- HIV Scotland
- Holy Island Project
- Home Link Family Support
- Home-Start East Fife
- Home-Start Perth
- Home-Start UK
- Incontact
- Infusion Co-operative
- Inverclyde Association for Mental Health
- Inverclyde Asthmatic Caring Group
- Isla & Jura Council of Voluntary Service
- K & D Voice
- Lanarkshire Association for Mental Health
- Lanarkshire Health Council
- Larkhall Volunteer Group
- 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 & CAB Partnership, Airdrie CAB
- 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
- Momentum
- Moray Voluntary Service Organisation
- Multiple Sclerosis Society Scotland
- Myeloma UK
- Nari Kallyan Shangho
- National Autistic Society Scotland, The
- National Osteoporosis Society
- NCH Scotland
- NHS Ayrshire & Arran
- NHS Lothian Primary & Community Care Division
- Nithsdale Local Health Partnership
- North Glasgow Community Food Initiative
- North Lanarkshire Health Project
- OEA
- One Parent Families Scotland
- Open Secret
- Orkney Heart Support Group
- Pain Association Scotland
- Pain Concern
- PAMIS
- Parkinson's Disease Society
- Parkinson's Disease Society (Dundee & Angus Branch)
- Partnerships for Wellbeing
- Paths for All Partnership
- PENUMBRA
- Phoenix Community Health Project
- Pilmeny Development Project
- Pilton Community Health Project
- Pilton Partnership
- 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
- PSALV
- Psoriasis Association, The
- Ramblers' Association Scotland
- RCA Trust
- RCN Scotland
- REACH Community Health Project
- Reachout with Arts in Mind
- Relate Scotland
- Relate Scotland (Central)
- Renfrewshire Association for Mental Health
- Renfrewshire Community Health Initiative
- Renfrewshire CVS
- Revive Scotland
- Right Track
- RNIB Scotland
- RNID Scotland
- Roy Castle Lung Cancer Foundation
- Royston Stress Centre
- SACRO
- Safe Space
- Salvation Army Social Services
- Sargent Cancer Care for Children
- SCOT-PEP
- Scottish Association for Mental Health
- Scottish Association of Prostate Cancer Support Groups
- Scottish Association of Volunteers of Scotland
- 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 Refugee Council
- Scottish Society for Autism, The
- Scottish Spina Bifida Association
- Sense Scotland
- Shetland Coucil for Social Service
- Sikh Sanjog
- Skin Care Campaign Scotland
- Sleep Scotland
- Speakability
- 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
- Tayside Healthcare Arts Trust
- Teenage Cancer Trust
- Telephone Helplines Association
- The Council for Music in Hospitals
- The Dochas Fund
- The Haven
- The PBC Foundation
- The PF Counselling Service
- Thistle Foundation
- Tourette Scotland
- 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
- WISDOM Project, Alzheimer Scotland
- Action on Dementia
- Youth Scotland (Girls on the Move)
- YWCA Scotland



### **Voluntary Health Scotland**

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