

Community Resilience Group Weekly Briefing - 17 14 May 2021

Welfare Guide

A new welfare guide has been published by the Council to highlight to people across the Highlands the range of financial support and guidance which is available to them. The guide brings together a wide range of relevant financial advice with the aim of assisting those who are struggling to make ends meet.

Topics covered include:

- how Pension Credit can provide top-up payments and maximise income for pensioners;
- additional entitlements which are available to those in receipt of Pension Credit;
- information on Best Start Grants and Best Start Foods;
- financial support for individuals who are required to self-isolate following a positive result for COVID (or because they have been identified as a close contact of someone who has tested positive);
- grants which are available to young carers.

The welfare guide can be viewed on Highland Council's website and is circulated along with this briefing: www.bit.ly/HC-WelfareGuide

Signposting Resource for Mental Health and Wellbeing

The impact of the measures to reduce the spread of the COVID-19 has placed increased pressure and uncertainty on everyone so it's important to know where to find help and support for our mental health and wellbeing when it is needed.

A new resource has been developed by the Highland Community Planning Partnership's Mental Health and Wellbeing Delivery Group to help signpost both individuals and communities to trusted services of mental health and wellbeing support.

The resource aims to raise awareness of where people can get help in a crisis, resources and weblinks to support mental wellbeing and learning tools to develop skills and confidence to allow more open and frequent conversations about mental health.

For further information, please visit <https://www.highlandcpp.org.uk/publications-and-reports.html> and the documentation is also circulated along with this briefing.

Scottish Government Volunteering Survey

The Scottish Government have published a survey to better understand the impact of COVID-19 on the voluntary sector and volunteering during the pandemic and to inform the recovery process. The purpose of the survey is to understand more about the volunteer response from the perspectives of:

- Local and national organisations working directly with volunteers
- Third Sector Interfaces, Local Authorities, Health and Social Care Partnerships and other 'infrastructure' organisations that have supported the volunteer response across an area or sector.

Please complete the survey by **11.59 pm on Sunday 23 May**. The link to the survey can be found here: [volunteering survey link](#)

Please share the survey via your networks and social media.

Northern Alliance

The Northern Alliance are holding a series of events over the 17-19 May to support and promote children's participation. There are a number of bite-sized sessions delivered by experts, professionals and young people that will highlight examples of practice and local stories

For more details of the programme and how to sign up, please go to: bit.ly/IncludeMeNA



The poster features a grid of eight small images on the left side, depicting various scenes of children and young people participating in activities, such as playing sports, reading, and interacting with adults. The main text is centered and includes the dates 'MON 17TH - WED 19TH MAY 2021', the 'Include me' logo, and the Northern Alliance logo. The event title is 'PROMOTING THE PARTICIPATION OF CHILDREN AND YOUNG PEOPLE'. Below the title, there are two bullet points: '30-minute bitesize sessions across 3 afternoons exploring how to engage children and young people in the planning and decision making that affects them.' and 'Check out the full programme on bit.ly/IncludeMeNA'. At the bottom, it says 'SIGN UP NOW OPEN!' and '#IncludeMeNA2021'.

MON 17TH - WED 19TH MAY 2021

Include me

A Professional Learning Event for Northern Alliance
Education & CLD Practitioners

**PROMOTING THE PARTICIPATION OF
CHILDREN AND YOUNG PEOPLE**

- 30-minute bitesize sessions across 3 afternoons exploring how to engage children and young people in the planning and decision making that affects them.
- Check out the full programme on bit.ly/IncludeMeNA

SIGN UP NOW OPEN!

#IncludeMeNA2021

Regeneration Capital Grant Fund – deadline 24 May

The Council is now accepting expressions of interest for the Regeneration Capital Grant Fund for 2022-2023.

The fund is delivered in partnership with the Scottish Government and the aims are to:

- Support locally developed regeneration projects for communities,
- Help with job creation and support
- Building sustainable communities.

A total of £25m is available through the fund across Scotland.

Criteria for projects include:

- projects that focus on areas suffering from high levels of deprivation and disadvantage,
- projects that demonstrate clear community involvement,
- projects that will deliver large scale transformational change with strong regeneration outcomes,
- projects and programmes that can encourage additional investment and address market failure.

Any organisation interested should submit an expression of interest form. This will be used to develop an official application should the project satisfy the criteria of the fund.

The form can be downloaded from the [Council's website](#). The deadline for submissions is 24 May 2021.

Free Support with Settled Status Application Process

The Citizens Rights Project are holding a clinic at the Kingsmills Hotel, Inverness on 23 May 2021 between 9am and 4pm to support EU citizens and their families with the settled status application process.

EU citizens and their family members (including non-EEA family members) have less than 50 days left to apply for their pre-settled and settled status to continue residing legally in the UK after 30/6/2021. As part of a last effort to reach as many eligible people as possible before the deadline, the Citizens Rights Project in association with Inverness CAB are holding a free, multilingual, face-to-face clinic in Inverness. Registration is optional, but it will guarantee a place and help to ensure social distancing.

Citizens Rights Project holds an OISC registration that authorises them to provide advice relating to the EUSS scheme.

An appointment can be booked through [this link](#) or email info@citizensrightsproject.org.

Vaccination Update

The latest update from NHS on the vaccine can be accessed at the following link:
www.nhsinform.scot/covid19vaccine

Food Support for Groups

We know that a number of you continue to provide support to the most vulnerable in your communities and that most of you already have well defined routes for accessing food to provide this support or are supporting individuals to access their shopping or community fridges/food tables.

If you are struggling to access food to continue support to vulnerable people locally, please do contact us through the policy mailbox and we can look at ways that we can support your group going forward.

Contact: policy6@highland.gov.uk

Resilience Network Contacts

Should any group not already be involved with these networks, the contact details for each is below.

- Caithness –If any groups aren't involved and wish to be please contact Alan Tait at Caithness Voluntary Groups allan@cvg.org.uk
- Sutherland – If any groups aren't involved and wish to be please contact Karina Ross at Highland and Islands Enterprise karina.ross@hient.co.uk
- East Ross – Helen Ross, Ward Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk
- Black Isle - If any groups aren't involved and wish to be please contact Asia Cielecka at communities@black-isle.info
- Wester Ross and Dingwall – Dot Ferguson, Ward Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk
- Skye and Raasay - If any groups aren't involved and wish to be please contact Fiona Thomson at Skye Community Response Development Team fiona@portreeandbraes.org
- Lochaber – Emma Tayler, Assistant Ward Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk
- B&S –If any groups aren't involved and wish to be please contact Karen Derrick enquires@vabs.org.uk
- Inverness City – David Haas, City Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk
- Inverness Rural – Charles Stephen, Ward Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk

- Nairn – Emma Tayler, Ward Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk

Helpful Links

Welfare Support Team - www.highland.gov.uk/directory_record/102970/benefit_advice

Self Isolation Support Grant - www.highland.gov.uk/info/20016/coronavirus/940/self-isolation_support_grant

Fuel Support Fund
www.highland.gov.uk/fuelsupportfund

Energy Advice
energyadvisors@hi.homeenergyscotland.org

AbilityNet - IT advice or support AbilityNet
Helpline 0800 048 7642.

Business Support Grants -
www.highland.gov.uk/info/20016/coronavirus/945/strategic_framework_business_fund

Covid Resilience Grant Support -
www.highland.gov.uk/directory_record/1422811/supporting_community_resilience/category/155/grants_for_community_groups

HTSI Community Group Helpline
Telephone Number 01349 808022

Winter Conditioning reports -
www.highland.gov.uk/news