



**Merry Christmas from SCSN!**

[www.safercommunitiesScotland.org](http://www.safercommunitiesScotland.org)

### **Surviving the Holiday Season -**

**Guest Article by Wayne MacKay, Electrical Safety First  
Part of the Home Safety Scotland Network**

Christmas is meant to be a time for joy and celebration but it can also be a time when there's an increased risk of an electrical fire



– from dodgy Xmas lights in the sitting room, to unattended cooking in the kitchen. And with electricity causing three quarters of fires in Scottish homes – with most caused by electrical products – it's no time to become complacent.

Leading consumer safety charity, Electrical Safety First, has some advice and resources to keep you electrically safe this Yuletide.

"Christmas is meant to be magical but with extra food, drink and people, we can all forget some of the safety fundamentals", explains Wayne Mackay at Electrical Safety First.

"For example, we all know that the kitchen is the heart of a home – and especially so at Christmas. But it is also the most dangerous room in the house when it comes to electrical accidents. And with the pressures of cooking the traditional Xmas dinner with all the trimmings, along with the fun of friends, family, presents – and the odd glass or two – it's easy to become distracted, which is when accidents can occur."

In addition to coming up with some simple seasonal safety tips (see below), Electrical Safety First has also developed an online tool to help people ensure all their Christmas gifts bought online are safe.

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**Are you looking for support to help you measure what matters?**

Then perhaps the new evaluation framework which we have been working on can help you.

Earlier this year, SCSN and Evaluation Support Scotland (ESS) brought together practitioners from across the sector to develop an evaluation framework to help those working in the field to have a better understanding about their outcomes and how to measure what matters in their work to prevent unintentional harm.

We are now offering practitioners from across the community safety sector the opportunity to test out the framework in their own area of work. Whether you run safety talks for young people, provide home safety advice, help people access equipment or train other practitioners on unintentional harm, this is a great opportunity to access free evaluation support and shape a new resource.

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## Merry Christmas from SCSN

We want to say a massive thank you to all of our partners, stakeholders and people we have worked with throughout 2019 for all of your support, engagement and help throughout the year!

It's been a very busy year with lots of great events, new developments, meetings and changes for us and across the sector and we're really looking forward to another action packed year in 2020.

So from the staff and board of SCSN, we wish you all a merry Christmas and a very happy and health new year!

## SCSN Learning Reports Published

After much hard graft, we have now finished compiling learning reports from each of our recent Masterclass Events. These learning reports provide a summary of the event, as well as the learning that we will take from these as an organisation, and some consideration of wider learning that could be applied in the Scottish Community Safety Sector.

Download the learning reports at the following links:

- [Participation Masterclass](#)
- [Public Health and Community Safety Masterclass](#)
- [Working in Complexity Part II](#)
- [Chairs & Leads: Community Safety Narrative](#)

## Participation Masterclass videos now published

Apologising for the long delay but we have now published the video recordings of the presentations delivered at our Participation Masterclass earlier this year. These presentations can be viewed on our website [here](#).

## Question of the Month

Our Question of the Month for November came from Leah Lockhart, a freelance design researcher and facilitator, and was based around our digital and cyber themed newsletter. We asked whether people agreed or disagreed with the following statement:

**With regard to transformation, it is important for digital to be resourced and developed as a specialist area.**

- **73% Agreed**
- **18% Disagreed**
- **9% Weren't sure**

## Question of the Month

### December 2019

Christmas is a time when most of us visit family and friends.

However, there are many people who spend Christmas alone, and may be vulnerable.

This month we're asking:

**Will you check in on a neighbour this Christmas?**

You can take part in our poll by visiting our website [here](#).

# SCSN Highlights 2019

## A look back at some of our work in 2019

Another busy year has come to an end and we thought it might be useful to provide a snapshot of what we've been up to this year, just in case you missed anything!

### Events

2019 saw us continue with our successful Masterclass Series of Events and this year we did Masterclasses on the following (click on links to view learning reports and presentations):

- [Public Health and Community Safety](#)
- [Let's talk about Participation](#)
- [Working in Complex Systems Part II](#)

We also co-delivered an event with Fife Council on the [Community Safety Narrative](#).



### New Videos Interviews

This year, we really moved forward on providing different ways to access content, with a whole series of video interviews with partners and experts to accompany our 60 second interviews. Check out our Youtube channel for video interviews with people including [Eibhlin McHugh of Public Health Reform](#), [Ross Haggart of SFRS](#), [Kirsten Horsburgh of the Scottish Drugs Forum](#) & [Marsha Scott of Scottish Women's Aid](#).



### Other highlights....

We published our [Strategic Plan](#) for the next few years in 2019 followed later in the year by our new [Business Plan](#).

We also published a well received [Briefing Paper](#) looking at the evidence on whether more prisons and stop and search would actually make communities safer.



Neighbourhood Watch SCOTLAND

SCSN was also delighted to become host to both

Neighbourhood Watch Scotland and Home Safety Scotland in 2019!



### Help with measuring what matters, continued from front page inset.

What we can offer:

- An opportunity to reflect, learn and improve your current approach to evaluation
- ESS will come and visit you where you work and help plan with you how you can use the framework to identify outcomes, indicators and choose methods to help you measure what matters to show your impact
- An opportunity to share good practice with others in the sector

To take part we ask that you complete a very [short application form](#) and return it to Hannah Dickson at [hannah.dickson@scsn.org.uk](mailto:hannah.dickson@scsn.org.uk) by Monday 13<sup>th</sup> January 2020. If you have any questions please feel free to contact us on 0131 225 7772 / 8700.

**Any views expressed here are personal and do not represent the views of my employer, or of the community planning managers network for Scotland of which I am a member.**

Firstly, can I thank SCSN for inviting me to write a short piece on, as it was put to me, the 'state of play between community safety and community planning'. This is a complex brief for short piece but here are some thoughts that I hope will encourage reflection and discussion.

Scotland is a diverse country with differing conditions across it that mean local services need to be delivered in locally appropriate ways. There are 32 different Community planning partnerships established now under the Community Empowerment Act 2015 each of which will have taken an approach to creating 'safer communities' driven by local factors. Some CPP's have prioritised safety as a top issue, some have seen it as less so.

Creating 'safer communities' is very widely conceptualised across Scotland's CPP's, and differently in each area. This can be inclusive of all or some of the following (non-exhaustive) list: road safety, home safety, resilience planning for emergencies; trading standards, environmental health, mental health support services, anti – bullying, restorative practice, and managing risk taking behaviours with children and families in schools and wider communities, hate crime reduction, on line safety, 'safer by design' planning. A core of actions usually appear; working together with communities and across partners around preventive policing; reducing anti – social behaviour, working with community led neighbourhood watch groups or equivalents; reducing drink related offending, knife crime, violence against women and girls, reducing drug misuse and engaging with child and adult protection systems. Some CPP's will face the challenges of reducing sectarianism, others challenges with rural isolation and lack of access to services due to physical distances, others with drug deaths or people trafficking and so on.

No "one size fits all" model can do justice to such diversity, and this was part of the rationale for the development of the community planning model in Scotland from its inception in the period following the creation of a Scottish Parliament. Those of my age range may recall that the Constitutional Convention campaigned across civic society for devolution partly by claiming this to be a first step in widening and modernising democracy by adopting the 'subsidiarity principle'. This means that as far as possible all decisions should be taken as close to the people affected and with as much involvement of the same people in decisions as possible, or to quote a phrase in used in the equalities field "Nothing about us without us". Many MSP's made statements early on supporting this vision – and subsequently policy statements about a "bonfire of quangos" encouraged the impression that local democracy was about to see a renaissance.

Community planning therefore took shape in its first format as a duty placed on local democratic representatives and their workforces to coordinate the delivery of all publicly funded services in Scotland at the spatial level of a locally elected Council boundary, and at the same time to widen access to participation in decision making and ensure citizens ability to influence decisions makers - moving the culture from 'doing to' to 'doing with'. The policy aim was to create a "participative democracy" rather than simply a "representative democracy" reaching out to seek to include those whose views were rarely influential, for example those marginalised by poverty, disability, ethnicity, sexuality, age or gender. Scottish public bodies were obliged to cooperate under the terms of the 2003 Local Government Act which formalised community planning as an approach. By 2015 this requirement had been extended to 5 public bodies having a legal duty to co-facilitate, (Councils, Police, NHS, Fire and Rescue and Scottish Enterprise).

**Read this article in full on our website [here](#).**

## **Marches, Parades and Static Demonstrations Focus Group**

### **Reflections by Mariah Kelly, SCSN Business Support Assistant (Events)**

On 13<sup>th</sup> November we hosted a focus group on marches, parades and static demonstrations to support and inform Dr Michael Rosie's independent review on this topic. The review by Dr Rosie, a senior lecturer in sociology at the University of Edinburgh, will advise Scottish Ministers on the broad issues surrounding these events and whether changes are needed to the current arrangements.



The focus group was held at Cowcaddens Fire Station in Glasgow and 17 people took part. We had representatives from local councils across Scotland as well as from Police Scotland. Most local government representatives were from community safety teams, and a handful work in legal teams or regulatory services. The discussion raised some insightful points about some of the practical issues that arise from marches, parades and static demonstrations. Key issues for community safety were also discussed, particularly around how national and local governments can ensure that the community understand objection procedures. There is a need to make sure communities have their voices heard about upcoming or potential events, whilst also managing expectations and ensuring these events take place safely.

Dr Rosie's review will be sent to the Cabinet Secretary for Justice Humza Yousaf MSP by the end of the year. We anticipate the report and the Scottish Government's response will be published together in February or March 2020, and we will share this with you when it becomes available. Thank you to everyone who participated on the 13<sup>th</sup> and spoke so candidly and openly with Dr Rosie, and a special thank you to the Scottish Fire and Rescue Service Cowcaddens Station for hosting us!

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## **Event: Collective Leadership in Tackling Sectarianism in Scotland Firestarter Festival 2020 #fsf2020**

Sectarianism remains a real issue that affects the lives of individuals and communities across Scotland. It is a complex and emotive issue that is not even handed – its impact is not felt in the same way across the country. Despite this complexity we continue to see people taking encouraging and effective action to bring about positive changes. In the past year a group have experimented with the collective leadership approach to see whether this has the potential to provide new ways of approaching the systemic problems that lead to sectarian attitudes and behaviour.



Our Chief Officer Lorraine Gillies will be joining her colleagues on the collective leadership group to give their perspectives on the issues; their feelings on collective leadership as an approach to tackling social issues and whether they believe there is a role for this approach in helping to shape government policy. This is your chance to influence, and be part of, the future development, thinking and action on the agenda on tackling sectarianism in Scotland.

Book your place at the event [here](#).

## Top Tips for a Safe Night Out over the Festive Period

By David Barbour, SCSN Communications Officer and Alcohol Brief Intervention Practitioner with Glasgow Council on Alcohol

The festive period is a time when many people will enjoy nights out with friends, work colleagues and family. It's a time of indulgence, but when it comes to alcohol, sometimes it can be a time of over indulgence! So here, I take a look at some facts around alcohol and personal safety, and provide some top tips on how to make sure you can avoid unintentional harm - more colloquially known as accidents - and otherwise stay safe.

### Alcohol and the Brain

Alcohol affects different parts of the brain which are important for keeping us safe. This is particularly the case when we binge drink. (see box right)

Alcohol lowers our inhibitions by affecting the parts of the brain which control our judgement and reasoning, as well as our social behaviour. This means we are less likely to spot risks, be they from the physical environment (loose slabs, an extra step) or from other people (somebody spiking your drink or a fight starting). Because it also affects our social behaviour, we might also be more likely to say or do something we regret, which could cause harm to ourselves, others or both.

Not only that but it affects the parts of the brain responsible for balance and coordination, making it more likely we might have trips and falls. Alcohol can also affect our temperature regulation - leaving us more vulnerable to freezing conditions - as well as our ability to feel pain—which is important in assessing the extent of any injuries and seeking appropriate and timely treatment.

### Top Tips for Safer Drinking

Here are some top tips to avoid alcohol related harms when having a night out:

- **Eat something before you start drinking:** If your stomach is full this stops the alcohol getting into your small intestine so quickly, from where it then goes into the bloodstream. This delays the onset of the affects of alcohol. Your stomach will also produce an enzyme used by the liver to break down alcohol, helping your liver to process the alcohol more quickly too - and meaning you'll sober up faster
- **Try a spacer, not a chaser:** instead of having an alcoholic drink, try alternating between alcoholic drinks and soft drinks or water. Alternatively, make sure to take sips of water throughout the night **whilst** you're drinking. This will dilute the amount of alcohol in your bloodstream and reduce the speed with which you top up on more alcohol
- **Go out a little later at night and avoid pre-drinking:** delay the time you go out with people and ensure you avoid pre-drinks before a night out. This will cut your overall consumption
- **Only take out a certain amount of money and when it's spent go home!**
- **Try drinking lower strength or volume drinks:** If you normally drink pints, switch to bottles. If you normally drink a high strength beer or wine, switch to a lower strength.

### Binge Drinking Did you know?

A lot of people think binge drinking means drinking for a long period of time.

Actually **binge drinking** is classified as drinking more than **8 units of alcohol in a single session**.

8 units of alcohol is equivalent to:

- 3-4 pints of average strength lager (4%ABV)
- 4 glasses of wine (175ml)
- 8 single measures of spirits (or 4 double measures)

It is **not recommended** that you exceed **14 units of alcohol per week** and that this should be spread over 3-4 days, with no more than 2-3 units consumed in a single day.

## Drinking on rise again among Scottish teenagers



The latest Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) has shown that alcohol use is on the rise again among adolescents in Scotland.

Around 21,000 second and fourth year pupils from 325 secondary schools took part in the survey last year.

The latest figures showed an increase in the proportion who said they had ever had alcohol, been drunk or drank alcohol in the previous week.

Drug use among 13-15 year olds decreased in the decade up to 2013 but has been increasing since.

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### Older Men most affected by Alcohol Problems

**Older men are twice as likely to end up in hospital with alcohol-related problems compared to younger generations, new figures show.**

Men aged between 55 to 64 years old had the highest rate of alcohol-related admissions to general acute and psychiatric hospitals in 2018-19

Statistics [published by ISD Scotland](#) show there were 1625 admissions per 100,000 population for this age group, for problems such as mental and behavioural disorders, acute intoxication, long-term alcohol dependence and liver disease. For men aged 25-34 years old, it dropped to 730.

People in the most deprived areas were six times more likely to be admitted to an acute hospital for an alcohol-related condition,

### Alcohol Figures

- 36% of 13-year-olds and 71% of 15-year-olds had ever had an alcoholic drink
- 53% of 13-year-olds and 70% of 15-year-olds, who had ever had alcohol, had been drunk at least once
- 6% of 13-year-olds and 20% of 15-year-olds had drunk alcohol in the week before the survey
- The most common location for drinking was at home

The number of pupils who had drunk alcohol in the week before the survey increased in all groups except 15-year-old girls.

The Scottish Government has said it is determined to go further on protecting children and young people from alcohol harms and will be consulting on alcohol marketing restrictions in Spring 2020.

You can read the study in full [here](#).

compared to those in the most affluent parts of the country.

Campaigners warn the figures are likely to be the "tip of the iceberg", with heavy drinking among older age groups often a hidden problem.

Brian Sloan, chief executive of Age Scotland, said: "In some cases people might be heavy drinkers most of their lives, but only start to develop health issues in later life.

"Life changes such as retirement or bereavement can be the trigger for developing a drinking problem. A more relaxed lifestyle in retirement can mean alcohol easily becomes part of a daily routine."

He said older people, and men in particular, struggle to talk about their drinking and mental health - and that tackling loneliness and isolation is of critical importance.

## Continued from front page

“Our research found that a number of dangerous electrical goods – which present a real risk of fire - are being sold by ‘third-party’ sellers via online marketplaces such as Amazon Marketplace, eBay and Wish”, explains Wayne.

“But many people think they are buying from the platform itself, which they consider reputable. For example, we found that 44% of people we surveyed didn’t know the difference between Amazon and Amazon Marketplace – and it’s the latter where we are more likely to purchase from a third-party vendor. So we have created an app for Google Chrome – *Check it Out* – which we hope will provide some clarity to this by alerting people when they are buying from a third-party seller.”

To install the app, for free, simply go to the Chrome Store and type in Electrical Safety First. It will become active when browsing Amazon Marketplace and eBay. The app is still in the beta-stage but the charity is constantly updating and improving it.

Electrical Safety First's Top Tips for Christmas safety

- Even Christmas lights need a break – switch them off when you’re not there to enjoy them
- Don’t get distracted when you’re cooking Christmas dinner – with half of house fires starting in the kitchen, it’s more than the turkey that’s at risk of burning.
- Don’t overload sockets and try to avoid the use of extension leads or adaptors
- If you’ve got a new electrical gadget for Christmas that needs charging, don’t rely on a cheap, unbranded charger or leave it charging unattended
- Make sure you buy your presents and your sale bargains from retailers you trust – remember, if that bargain looks too good to be true, then it probably is!

To help the whole family to have a safe and happy festive season, click [here](#).

### Water Safety Conference, 26 March 2020

RoSPA in collaboration with Water Safety Scotland are hosting a Water Safety conference on March 26<sup>th</sup> 2020 at the Edinburgh International Climbing Centre.

This full day conference will provide insight into the two year review of Scotland’s Drowning Prevention Strategy as well as including speakers on a variety of topics including: Climate change and flooding, Sport participation, Suicide prevention, Inland water rescue and more.

Sponsored by RNLI, Scottish Fire and Rescue Service and Scottish Water, this free event will be taking place in Scotland’s Year of Coasts and Waters 2020 and will include morning workshops and the opportunity to hear about water safety activities in a few European countries.

To book your free place, click [here](#).





# In other news...



## Revised Strategic Police Priorities Published

The Scottish Government has today published revised [Strategic Police Priorities](#) (SPPs), to set the high level strategic direction for policing in Scotland.



**POLICE  
SCOTLAND**  
Keeping people safe  
**POILEAS ALBA**

The Police and Fire Reform (Scotland) Act 2012 enables Scottish Ministers to set these high level priorities for the policing of Scotland and the carrying out of the Scottish Police Authority's (SPA) functions. We committed within the 2018-19 Programme for Government to review the SPPs this year after they were last set in 2016, following a 3 year period in which the policing system has continued to develop and its governance strengthened.

After developing an initial draft of the SPPs through early engagement with key partners, the SPPs were then subject to a 12-week [public consultation](#) via Citizen Space from 15 July 2019 to 4 October 2019. This consultation exercise received a total of 59 responses; 29 responses from individuals and 30 responses from organisations. In addition, Scottish Government Officials also attended a number of stakeholder meetings across Scotland.

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## New Phase for Edinburgh Youth Transitions and Crime

The Edinburgh Study of Youth Transitions in Crime will begin a new phase of research looking at the experiences of the original participants now that they are in their 30s, looking to understand how their experiences of contact with the justice system in adolescence have affected their lives since. You can find more information on the latest phase of the study [here](#).

The project has also produced [this report looking at 21 years of learning from the research](#)

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The closing date for the January newsletter is 10 January.



34b Thistle Street, North West Lane

Edinburgh, EH2 1EA

0131 225 8700/7772

Email: [info@scsn.org.uk](mailto:info@scsn.org.uk)

Company Ltd. SC357649

Charity No. SC040464

**[www.safercommunitiesScotland.org](http://www.safercommunitiesScotland.org)**