



SAFETY NET-WORKS

MARCH 2023



TRAUMA INFORMED SOCIETY EDITION

www.safercommunitiesScotland.org



**A screening for Community
Safety Professionals**

Sponsored by



The SCSN to host screening of documentary film 'The Wisdom of Trauma - with Dr. Gabor Maté'

29th March, Glasgow

The SCSN are delighted to present a screening of the film 'The Wisdom of Trauma - with Dr. Gabor Maté' for fellow professionals working in community safety. The event is sponsored by our friends and colleagues at the Wheatley Group.

The event will also feature an expert panel discussion after the screening, with panellists including author of 'Euphoric Recall' and CEO of The Scheme Livi; Katy McLeod, Research & Peer Engagement Programme Manager at the Scottish Drugs Forum and James Docherty, Development Officer at the Scottish Violence Reduction Unit & Advisor to Community Justice Scotland).

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Diversion from prosecution review welcomed

The Lord Advocate has welcomed a review of diversion from prosecution in Scotland which has concluded the practice is working well and developing in a positive direction.

Diversion from prosecution is one of a range of community justice interventions available to the Crown Office and Procurator Fiscal Service.

In diversion an accused person is referred to local authority justice social work or partner agency for support, treatment, or other action as a means of addressing the underlying causes of the alleged offending and preventing further offending.

Lord Advocate Dorothy Bain KC said:

"There is a human cost to all crime and successful diversion in appropriate cases benefits the accused person and the wider community by breaking a cycle of harm."

Read more [here](#).

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Scottish Community
Safety Network

SCSN Updates

SCSN Team presented with #PurpleFriday Fundraising Certificate

The SCSN staff team are delighted to have been presented with a certificate for our #PurpleFriday fundraising efforts in February. We were delighted to have raised £135!

Purple Friday is run by LGBT Youth Scotland every year to raise money for their services supporting young LGBT+ people in Scotland.

Thanks to everyone who donated to our staff team for their sponsored 5k Walk or Run!



SCSN becomes an accredited 'Living Wage' Employer



We are delighted to announce that having submitted an application and appropriate documentation, the SCSN has been accredited as a Living Wage Employer!

This is in addition to having already been recognised as a Gold Standard Four Day Week employer by the Global Four Day Week campaign.

At SCSN we continue to put our people first!

Question of the Month

Results for February

Our Question of the Month for February related to our Online Safety and Cyber Security themed newsletter, and came from Mike Smith of the Cyber and Fraud Centre, one of two guests on our Safer Communities Scotland Podcast.

On the Podcast, we discussed the benefits to cyber security of a Password Manager.

We asked:

"Does your organisation provide staff with a Password Manager?"

- 23% said Yes (3 votes)
- 62% said No (8 votes)
- 15% said Not Sure (2 votes)

Question of the Month

March 2023

Our Question of the Month for March 2023 comes from our Safer Communities Scotland Podcast Interviewee Aidan Martin, author & CEO of The Scheme Livi.

Aidan is also a panellist at our 'Wisdom of Trauma with Dr Gabor Mate' film screening.

We're asking:

'Is our prison system in Scotland trauma informed?'

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

Safer Communities Scotland Podcast

Aidan Martin, author & CEO of The Scheme Livi



For our Safer Communities Scotland Podcast this month, we're delighted to be speaking with Aidan Martin, author of the book 'Euphoric Recall' and CEO of The Scheme Livi.

Aidan will be one of the panellists at our Wisdom of Trauma with Dr Gabor Mate screening in Glasgow on 29th March.

We sat down with Aidan to discuss his book, his lived experience of trauma and what it's taught him, his work at 'The Scheme Livi' and his general thoughts on the importance of and progress towards Scotland being a trauma informed nation.

You can listen to the Podcast on Spotify/Anchor [here](#).

Listen on Youtube at: https://youtu.be/ZZz_Bafm5jY

Scottish spatial strategy signals support for healthier communities

Projects returning former industrial or derelict sites to community use have a greater chance of gaining approval, following the introduction of long-term planning reforms in Scotland.

The fourth [National Planning Framework \(NPF4\)](#), against which planning applications will be assessed for the next decade, came into effect earlier this week (13 February). The Scottish Government is now encouraging local authorities to support proposals for development that will help restore green spaces as part of local development plans.

Policies in the NPF4 will also:

- enable more renewable energy generation, outside national parks and national scenic areas, to support the transition away from reliance on fossil fuels;
- regenerate city and town centres to help them adapt to economic change, while restricting some out-of-town retail and drive-through developments; and support the delivery of good-quality, affordable homes in neighbourhoods where people can easily access shops, schools and workplaces within a 20-minute walk or cycle.

Read more [here](#).

Scottish Government Publishes Participation Framework

This Framework provides a guide to good practice in participation work across Scottish Government. It provides information about participatory methods and when to use them, the development of an effective participation strategy, and signposts to further resources.

Participation is an umbrella term used to describe how people get involved in decisions which affect or are important to them. This can be in their local communities, as part of interest group campaigns, or in government policies and decisions.

Read more and download the Framework [here](#).

New Hate Crime Toolkit from Victim Support Scotland & Police Scotland

A new Hate Crime Toolkit, outlining support available, how to report hate crime and the criminal justice system process has been launched by Victim Support Scotland (VSS) and Police Scotland.



The toolkit is one of the first of its kind in Scotland, and will be available for anyone who may be affected by hate crime, and includes guidance on what to do if you witness a hate crime.

The resource has been shared extensively throughout the Police Scotland network, and will be offered to anyone who has been affected by hate crime.

Sections throughout the booklet include reporting hate crime, third party reporting, attending court and giving evidence and also talks through how to look after your mental health following any hate crime incident.

Find out more and download the toolkit [here](#).

Guarantee our Essentials: reforming Universal Credit to ensure we can all afford the essentials in hard times

The Joseph Rowntree Foundation has published a new report which is encouraging the UK Government to reform Universal Credit as it finds that 90% of low income households on Universal Credit are going without essentials.

The research also found that:

- Support has eroded over decades and the basic rate ('standard allowance') of Universal Credit is now at its lowest ever level as a proportion of average earnings.
- 66% of the public think the basic rate of

Universal Credit is too low.

Almost half of households see their payments reduced by deductions and caps. For example, a household can lose 25% of their standard allowance to repay debts to DWP.

Inadequate social security is the main driver of food bank need, with almost 1.3 million parcels given out from Trussell Trust food banks between April and September 2022. Without an adequate safety net, a setback can be hard to overcome. Poverty comes at a significant cost to the individual, but also to the economy and wider society, with downstream costs to public services such as the NHS.

Read more & download the report [here](#).

Prisoners Visitor Centres in Scotland surveys

March is National Visitors Centres Survey Month, and Prisoners Visitors Centres in Scotland are running surveys on people's experiences of prisoners visitors centres in Scotland.

They have launched two surveys, one for adults and one for children and young people, to canvass opinion and views.

You can take part in the survey for adults [here](#).

Take part in the children and young people's survey [here](#).



16 Days National Summit and Spotlight Events - Reports now available

As part of the calendar of events taking place across Scotland to mark 16 Days of Activism

Against Gender-Based Violence, the Scottish Government and COSLA co-chaired a national summit on 8th December 2022 to identify actions that can be taken locally and nationally to help tackle violence against women and girls (VAWG) and gender inequality in Scotland. The Improvement Service also worked in partnership with a range of stakeholders (including SCSN) to coordinate a series of Spotlight Events between 25 November and 10 December 2022.



National Summit: Tackling Ongoing and Emerging Challenges through Collective Leadership and Collaborative Action

The national summit aimed to build on the learning from previous 16 Days events, including the Collective Leadership Conference in 2020 and the Collective Action

Summit in 2021, while recognising that stakeholders across Scotland are currently operating in a policy and delivery landscape. The summit aimed to share and amplify learning on the impacts of COVID-19, the cost of living crisis, a challenging recruitment and retention environment and an increasingly digital world providing new spaces for abuse to take place.

The event was co-chaired by Christina McKelvie (Minister for Equalities and Older People) and Cllr Maureen Chalmers (COSLA Spokesperson for Community Wellbeing), and attendees included a range of leaders from across public sector and third sector organisations working locally and nationally in Scotland. We were delighted to have inputs from representatives from a range of organisations and strategic partnerships across Scotland.

Access the full learning report and playlist of speaker videos below.

[Learning Report - VAWG National Summit 2022](#)

[National Summit - Speaker Video Playlist](#)

You can find other links to speaker videos and a bit more information on the Improvement Service website [here](#).

Summary report - Women's and girls' views and experiences of personal safety when using public transport

In early 2022, the Minister for Transport announced that the Scottish Government would consult on the safety of women and girls when using public transport, including both public transport users and those working within the public transport system in Scotland.

The Minister's announcement builds on a growing body of [international evidence](#) that shows that women and girls have unique travel behaviours and needs, which must be addressed by tailored solutions. Moreover, women are often underrepresented in the strategic planning process for [public transport developments](#). Research has also shown that women and girls (both as transport workers

and passengers) view and experience public transport as being less safe compared to their [male counterparts](#).

The consultation commitment also reflected priorities set out in Scotland's [National Transport Strategy \(NTS2\)](#) and [Scotland's Vision for Justice](#). It was also aligned with the [Scottish Government's Equality Outcomes](#), which aim to reduce inequalities and advance equality of opportunity - most notably across the protected characteristics of age, disability and gender.

Against this backdrop, Transport Scotland commissioned independent qualitative research to explore women's and girls' views and experiences of personal safety when using public transport in Scotland, the findings of which are presented [here](#).

FOCUS ON TRAUMA & A TRAUMA INFORMED SOCIETY



**Continued from front page main article:
'Wisdom of Trauma' screening**

Why is the SCSN thinking about trauma awareness & trauma informed practice/care?

In 2011, the Christie Commission published its' report on public sector reform, with four pillars or principles – including a decisive shift towards prevention, and empowering people and communities.

At SCSN, we believe in evidence based policy and practice. We know that across a range of community safety issues including, but not limited, to violent crime, justice, anti-social behaviour, hate crime – overwhelming evidence shows that trauma lies at the heart of the causes; and being trauma informed, with a focus on prevention and compassion, is key to finding long-term solutions.

There are some fantastic examples of work in Scotland taking a trauma informed, public health approach to some of these issues – including at the Improvement Service and Violence Reduction Unit.

However, there is so much work to be done across many areas – including winning over hearts and minds to more compassionate approaches to some of the biggest social problems facing our communities.

The Wisdom of Trauma

THE WISDOM OF TRAUMA is a power guide to the world of trauma. The film weaves personal stories with Dr. Mate's unique approach to healing trauma and illness in the context of powerful social critique.

It travels from the streets of downtown Vancouver to San Francisco, visiting a prison yard, and observing a psychedelic healing session, while witnessing the authentic

humanity shining through the wounds of those encountered.

When the connection between trauma, illness and societal stress is properly understood, these conditions can provide important openings for compassion and self-awareness, which in turn are major tools in recovery and healing.

Dr. Mate's vision for a trauma-informed society invites us all to be part of the rising of a culture guided by deep compassion for one another.

Didn't get a ticket, don't worry!

If you didn't manage to secure a ticket for this event, worry not! You can view the film for a small donation on the Science and Non-Duality website [here](#).

SCSN will also be producing an event learning report which we'll share on our website and the usual communications channels after the event.

SCSN book recommendations on trauma

We'd recommend that anyone interested in trauma - how it affects brain development, impacts on our health & wellbeing, plays a role in criminal or other challenging behaviour and how we all have a role & responsibility in reducing it - would benefit from reading the following books:

- *The Myth of Normal - illness and healing in a toxic culture* - Dr Gabor Mate
- *When the Body Says No* - Dr Gabor Mate
- *In the Realm of Hungry Ghosts* - Dr Gabor Mate
- *The Body Keeps the Score* - Dr Bessel van der Kolk

Scotland's Young People demonstrate Success in Violence Reduction (Blog)

Published on [ChangingViolence.org](https://changingviolence.org) by Susan McVie

Over the last twenty years, Scotland's success in reducing violence has been attributed to many factors, but one thing is abundantly clear: it's children and young people who have paved the way for change.

Trying to measure behavioural change amongst young people is not easy, as large-scale surveys typically focus on adults, and police recorded statistics rarely tell us about the behaviour of individual people. However, two large Scottish cohort studies conducted twenty years apart show a remarkable drop in offending behaviour – including violence – amongst those in early adolescence.

The Edinburgh Study of Youth Transitions and Crime (ESYTC) involves a cohort of 4,300 young

people born in 1986/87. First surveyed at the start of secondary school (age 12), the ESYTC asked young people about their involvement in various types of offending. Now in their mid-30s, the study continues to examine patterns of offending across the life-course and has a wealth of data to identify how childhood factors influence experiences in adulthood (McAra and McVie 2022).

The Growing Up in Scotland (GUS) study started following a cohort of around 5,200 children at birth in 2004/05. When they reached age 12, GUS included questions on nine types of offending behaviour – taken from the ESYTC – so that the prevalence and nature of offending amongst these two cohorts of young people could be compared. The most recent findings from the GUS cohort at age 14 have just been published (Scottish Government 2022), allowing us to examine how youth offending has changed over a twenty year period .

Read the full blog [here](#).

Scotland's Young people face a significant threat to their future life chances

As councils across the country prepare to set their budgets, the national agency for youth work is warning of adverse consequences for young people if cuts to vital youth work services are made.

YouthLink Scotland has written to all council leaders, calling on them for no cuts to youth work.

The agency has also released a new campaign toolkit '[Invest In Young People – What you can do](#)' to #InvestInYouthWork. It urges councillors, national politicians and local communities to take action and support youth work.

Youth work is an essential part of the education system alongside schools and colleges, and has widespread support across Scottish society.

The youth work sector has been working tirelessly to respond to the pressing needs of young people and communities, particularly

those most affected by poverty and inequality. With the cost-of-living crisis increasing child poverty, the sector has become a lifeline for many young people, providing critical support for their learning and mental health.

Ongoing cuts to youth work provision have contributed to the youth mental health crisis, poor attainment, lack of employment prospects, social isolation, anti-social behaviour, bullying and risk-taking behaviours.

Read more [here](#).

I can't breathe: Race, death & British policing

In '*I can't breathe: Race, death and British Policing*' INQUEST investigated the processes, procedures and evidence base of the Independent Office for Police Conduct (IOPC) and the coronial system to examine how accountability for racism is delivered.

INQUEST found a system which works against delivering accountability, that appeared blind to the evidence and where racial discrimination was not addressed meaningfully. Read more [here](#).

Review of National Outcomes: Call for Evidence

The Scottish Government are undertaking a review of the National Outcomes. This is a requirement within every five years, under the Community Empowerment Act (2015).

The National Outcomes are laid out in the National Performance Framework. This is Scotland's wellbeing framework, which sets out the type of Scotland we want to see, and measures progress towards the National Outcomes.

The Scottish Government wants to know whether the existing National Outcomes are the right ones. Your views will help the Scottish Government decide what changes they need to consider.



The Scottish Government must also consult with communities as part of this review, to ensure the National Outcomes reflect what matters most to communities in Scotland. This Call for Evidence is one part of the review, alongside the written consultation. They will also be reviewing previous consultation exercises to understand more about what matters most to communities in Scotland and meeting with stakeholders.

Find out more and submit evidence to the National Outcomes Review [here](#).

Age Scotland is delighted to announce the launch of their Big Survey 2023!

The Age Scotland Big Survey is designed to help us understand the views and experiences of people over 50 in Scotland today. They created the first Big Survey in 2021 and heard from more than 3,500 over 50s across the country about the issues affecting them, what growing older is like here, and their hopes and concerns for the future. This was the largest survey of older people in Scotland.

The results of the 2021 Survey were invaluable and helped to shape Age Scotland's work. Since then, things have changed – household bills have soared and our finances are under

more pressure than ever before, waiting lists for health and social care

services remain too long, and people have become lonelier. Age Scotland want to hear from older people about the impact of these and a wide range of other issues.

As a thank you for taking part, questionnaire participants will be given the opportunity to enter into a prize draw, where ten winners will each win a £50 voucher.



The survey can be completed at www.age.scot/bigsurvey2023 with paper copies also available which can be sent out by post. Deadline is 24th April.

Community Justice Scotland Draft Corporate Plan - Consultation

This corporate plan covers the draft vision, priorities, and strategic direction of CJS for the period 2023-2026. The draft document and the survey is for all partners and stakeholders to consider and provide comment. The consultation period is open for six weeks and will close on the 28th of April 2023.

The corporate plan is available to read here: [Corporate Plan](#)

The consultation survey can be completed here: [Consultation Survey](#)

Climate Crisis Corner



New Carbon Literacy Course for Community Councils

Carbon Literacy
Project



The [Carbon Literacy Project](#) is hosting a free webinar to mark the launch of their new Parish, Town and Community Councils Toolkit Course.

The Toolkit Course will help community councillors understand the urgency and scale of the climate emergency and develop an awareness of which actions will have the greatest impact in the drive to achieve net zero emissions. It will also empower them to support local people to make informed choices and act in their local community's best interests.

The initial development of this Toolkit Course was funded by the UK Government Department for Business, Energy and Industrial Strategy and the materials are available for certified Carbon Literacy training within Community Councils.

Find out more and access the course [here](#).

Event: Places and Spaces for Health & Wellbeing - 30 May

The health and wellbeing of a population is a key focus in any thriving nation, and that has never been clearer than during the pandemic and the current poverty crisis.

As such, it is widely recognised that many of the underlying determinants of inequalities in overall health and well-being are directly a result of our environment.

Our built environment and communities are key to reducing these problems and addressing the issue of inequality; key factors include: access to health, mental health, counselling and social care services; the provision of green space, free options for exercise and play for all generations; and employment opportunities.

Find out more and book your place [here](#).



7 Ways to Manage Climate Anxiety

Blog published by Ecowatch, by Linnea Harris

Many people are [already experiencing the effects of climate change](#). Eighty-five percent of [the global population](#) has endured weather events made worse by rising temperatures, and more than 40% are [highly vulnerable to climate change](#) based on their location or situations, according to the IPCC report issued last August, citing inequality, socio-economic status, and colonialism as factors in the uneven distribution of these effects.

We have long known [that physical health is impacted by climate change](#) – whether it be due to [poor air quality](#), loss of shelter, or dehydration – but, as the climate crisis occupies a growing space in our daily lives, our mental health has also begun to suffer.

Experiencing the smaller-scale effects of [climate change](#) daily has led to an increase in [“climate-” or “eco-anxiety.”](#)

Read this blog in full [here](#).



Latest news from the Home Safety Scotland Forum

We're always on the lookout for new members to join our forum! If you work in or are interested in home safety, and would like to join or attend our forum, please contact Kevin Chase at kevin.chase@scsn.org.uk.

You can follow Home Safety Scotland on Twitter at [@HomeSafetyScot](https://twitter.com/HomeSafetyScot)

Care and Repair in Lanarkshire announced as winners of inaugural Mark McCall Home Safety Fund!

Care & Repair in Lanarkshire has been announced as winner of the inaugural Mark McCall Home Safety Fund. The announcement was made at the latest meeting of the Cross Party Group on Accident Prevention and Safety Awareness at the Scottish Parliament on Tuesday 21st March.



Care & Repair will receive £3,000 in funding towards their 'Safe As Houses' Project. The Project will provide a home safety risk assessment and advice service to parents or full-time carers of pre-school age children to mitigate against hazards in the home that may result in an unintentional injury. In addition, the project will provide home safety equipment where a need is identified and the individual is unable to meet this cost.

by the Royal Society for the Prevention of Accidents (RoSPA), Public Health Scotland (PHS), the World Health Organisation (WHO) and others shows *"falls are the second leading cause of deaths worldwide"*. Unintentional harm and injuries at home also include a tragic list of poisoning, choking, drowning, cuts, burns, strangulation and others. The young (under-fives) and elderly (over 65s) are most at risk, and 94% of accidental deaths take place in our most deprived communities. The global pandemic changed our relationship with the home. Whether by choice or necessity, more people are now spending more time at home. Lockdowns, self-isolating when sick and changes to how we work have all driven these changes. As RoSPA highlights, *"because accidents happen behind closed doors in isolated incidents, they rarely attract media attention"*.

Furthermore, as the current cost of living crisis cuts deeper through our communities, families and services access to essential safety equipment, support and resource is becoming far more limited, or unavailable – making projects like 'Safe As Houses' by Care & Repair in Lanarkshire ever more vital.

Research published by the Scottish Community Safety Network (SCSN), as well as data shared

Read this story in full on the SCSN website [here](#).

Gas Safety Week 2023 Dates Announced

Gas Safety Week will be taking place 11th-17th September 2023. Celebrating its thirteenth year, this pan-industry event sees everyone coming together for one common goal — keeping the nation gas safe.

Find out more, including how to get involved [here](#).



SCSN/Home Safety Scotland add support to RoSPA 'Protect Our People' campaign opposing REUL Bill



The Scottish Community Safety Network has added its support to a new campaign by our friends at RoSPA to oppose the Retained EU Law Bill.

The Retained EU Law Bill (REUL), currently going through parliament, threatens to abolish approximately 4000 pieces of longstanding legal protections on 31 December. This would spell catastrophe for the health and safety of our families and communities and no doubt cost lives too... **UNLESS we can get ministers to oppose the Bill!**

How the REUL Bill will change lives in the UK

RoSPA has identified over 300 pieces of vital legislation that apply to UK health and safety regulations which are of particularly serious concern to our national and personal safety. One of the most alarming examples which will fundamentally change lives in the UK is **rules on child and adult seatbelts**.

RoSPA CEO Errol Taylor said: "The UK is currently one of the best countries in terms of overall

road traffic fatalities and there is no G20 country without seatbelt laws. On 1 Jan 24, we could be the first country in the G20 to lose crucial seatbelt law. The simple fact that we are having to highlight this further demonstrates the Government's plans are rushed and ill-conceived."

Find out more, including how to support the campaign [here](#).

The UNCRC (United Nations Convention on the Rights of the Child) – young people survey on accidental injury

RoSPA is keen to secure the views of young people across Scotland regarding accidental injuries and any accidents they may have been involved in as a child or young person.

This survey is being conducted in line with the right for children and young people to be heard under articles 13 and 24 of the United Nations Convention on the Rights of the Child (UNCRC), which acknowledges children and young people's opinions are valid and should be listened to, includes the right for parents and carers to have enough information to prevent their children from suffering an injury.

You can find out more about the survey, share it or participate [here](#).

Why we need a Pension Poverty Strategy for Scotland

by Debbie Horne, Scotland Public & Policy Affairs Manager, Independent Age. Published by Poverty Alliance

At Independent Age we believe no one should face poverty in later life.

But currently too many older people in Scotland face the daily reality of just that, with the number of pensioners living in poverty [now 150,000](#) – up 25% since 2012. This statistic torpedoes the

myth that all older people are living a life of comfort with large financial reserves.

Behind each statistic is a real person. Like the older people our team hear from everyday who are struggling to heat their homes, buy the food they need or afford to meet a friend for coffee.

Read this blog in full on the [Poverty Alliance website](#).



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Email info@scsn.org.uk



83 Princes Street
Edinburgh, EH2 2ER

0131 225 8700/7772

Email: info@scsn.org.uk

Company Ltd. SC357649

Charity No. SC040464

www.safercommunitiesscotland.org