

# Safety NET-works

## December 2021

## Community Safety at Christmas

## www.safercommunitiesscotland.org

## The '12 Days of Community Safety'

Following on from last year's Community Safety Top Ten Hits, this Christmas we bring you - 'The 12 Days of Community Safety!' Read on for lots of great information & advice to help keep you and others safe over the festive period!

#### Day 1: Button Batteries - RoSPA

Button batteries are now included in so many everyday items such as remote controls, car keys, flameless candles, toys and even greetings cards. They are the size



of a small sweet and are also known as button cell batteries, coin batteries and LR44 batteries. If swallowed, they can be extremely dangerous to a child causing serious internal damage when the current from the battery mixes with the child's saliva. Irreparable damage can result to the throat, stomach and internal organs.

However, taking basic safety precautions – especially over the festive period which can be full of distractions – can stop children ending up with a visit to A&E (or worse). Always store spare (or spent) batteries out of sight and reach of young children, high up in, preferably, a locked cupboard. Regularly check the battery compartments in keys and toys etc and ensure they are not loose or easily accessible to little enquiring hands.

Look out for signs that may mean your child has swallowed a button battery ie not wanting to or being unable to eat solid food, being sick, having a pain in their chest, throat or stomach. If you suspect a child might have swallowed a button battery seek medical attention immediately as time is of the essence. You can find further information on RoSPA's webpage at <u>ButtonBatteries</u>

### Covid 19 & Omicron: Let's look after ourselves & each other!



Its been an exhausting two years for all of us since the Covid 19 pandemic hit us. And just when it felt like we were seeing some light at the end of the tunnel of public health measures and restrictions on our lives, along has come a new variant to upset the apple cart once more. We're all of us strugaling to find the reserves of energy to cope with what can feel like a crisis without an end in sight, and some people are still being hit harder than others - whether because of economic or social vulnerability.

At SCSN, we have just taken the disappointing decision to postpone our staff Christmas dinner, and instead will be holding another virtual Christmas party. Its not ideal, but on balance we feel it is the best way of keeping ourselves and each other safe.

Read the blog in full <u>here.</u>

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## **SCSN Update**



## Community Safety Partnership Resource Toolkit published

We are delighted to share with you our <u>2021 Community</u> <u>Safety Partnership Resource Pack</u>.

You may remember, this summer, the Scottish Community Safety Network (SCSN) contacted Community Safety Partnerships (CSPs) across Scotland to request information on their governance, structure, membership and partnership arrangements.

From this request, we collected data from a sample of around a third of CSPs in Scotland, reviewed the key documents submitted from CSPs and conducted interviews to build <u>a picture of the current arrangements in Scotland</u>.

After analysis of the data, other research materials - and use of our own knowledge and expertise - we identified <u>several</u> <u>key themes and areas which CSPs might benefit from</u> <u>exploring further</u>.

Our pack discusses these findings and considerations, as well as offering guidance and resources and we hope it will prove a useful tool for CSPs in the continued development of their services.

Please do not hesitate to contact us should you have further questions on this work or any requests.

## **Question of the Month**

Our Question of the Month for November was based on our 'Climate Change & Community Safety' themed newsletter and came from our #SCSNConversationsWith... interview with Stewart Prodger of the Scottish Environment Protection Agency (SEPA).

#### We asked:

'Are you actively doing things which will improve long term community safety by reducing contributions to climate change?'

- 83% said Yes
- 0% said No
- 17% said Not Sure

### Statement on SCSN/ Neighbourhood Watch Scotland partnership

Dear colleagues, members and friends.

The boards of the Scottish Community Safety Network and Neighbourhood Watch Scotland are ending their current partnership agreement, which saw Neighbourhood Watch Scotland being hosted by the SCSN.

Both organisations will continue to work together and separately to support community safety outcomes in Scotland.

Contact Lorraine Gillies, <u>Lorraine.gillies@scsn.org.uk</u>, 07584 020904 for any enquiries regarding the SCSN.

#### Contact Stewart

Prodger, <u>NWSChair@neighbourhoodwat</u> <u>chscotland.co.uk</u>, Tel. 07788 916857 for any enquiries regarding NWS.

## Question of the Month

Our Question of the Month for December relates to the new Scottish campaign to reduce stigma faced by people with alcohol or drug problems (featured on page 4). We're asking:

"Have you, or has someone you love, ever experienced a problem with alcohol or drugs?"

You can take part in our poll <u>here</u>.

## SCSN Conversations with...

## Jim Nixon, Community Safety Podcast



This month we're speaking with Jim Nixon, the man behind the <u>Community Safety Podcast</u>.

Jim has an extensive background in policing, Housing, Local Authority- over 25 years, and is currently the lead on Anti Social Behaviour at Stoke City Council. Jim has an innovative approach to tackling issues -Please read our page About for more information.

The Podcast features guests from a wide spectrum of the Community Safety arena, to discuss the issues facing communities in the 21st century United Kingdom.

You can view the interview on our YouTube Channel <u>here</u>.

## Public consultation backs action on fireworks and pyrotechnics

Tougher action on the sale and use of fireworks and tackling the misuse of pyrotechnics has been backed in a new consultation. The public consultation, which attracted a total of 1,739 responses, asked for views on the Scottish Government's Fireworks and Pyrotechnics Bill.

The proposed Bill follows the report of an independent Fireworks Review Group which recommended tightening legislation to reduce the harm fireworks can cause. The consultation shows that of those who responded on these individual issues: offence to criminalise the supply of fireworks to under-18s

- 84% backed the introduction of a fireworks licensing system
- 77% backed a new offence of being in possession of a pyrotechnic in a public place without reasonable excuse or lawful authority
- 70% agreed with extending police powers to allow a stop and search provision in relation to pyrotechnics
- more than 60% agreed with restrictions for the general public on the days fireworks can be sold and used
- 92% agreed with the introduction of a new

## Scottish Government announces Short Life Working Group - Update on 'A Model for Scotland'

Read more here.

The Scottish Government has convened an expert group of public bodies and third sector organisations to help design the fundamental principles of a new model to challenge men's demand for prostitution. This is a promising development, and the Short Life Working Group includes members of the A Model For Scotland alliance.

The Scottish Government also announced that it has published "a national tender for new research to ensure the model takes account of those with experience of prostitution and to improve access to support services. And plans are in place for further research to look at international examples which have successfully challenged men's demand for prostitution." Further details are available on the Scottish Government's website <u>here</u>.

## New campaign to challenge stigma around alcohol & drug problems launched

The SCSN enthusiastically supports a new campaign by NHS Scotland aimed at challenging the stigma experienced by people who experience problems with alcohol and drugs.

The campaign urges us to abandon stigmatising words like 'junkie', 'addict' or 'alcoholic' - as well as potentially judgemental phrases such as 'substance abuser' in favour of kinder, more compassionate and more accurate language.

The website highlights the dangers of stigmatising language and attitudes to people with alcohol and drug problems, including putting people off accessing help, affecting friends and family members & affecting organisations or people who provide support.

For more information & resources check out the NHS Inform campaign page <u>here</u>.

## Drug Deaths Taskforce publishes report on women & drug related deaths

The Scottish Drug Deaths Taskforce has published a report on Women and Drug Related Deaths. In February 2021, the Taskforce had a discussion about the particular issues facing women who use drugs and their families.

It was decided to set up a working group to further explore the key themes and recommendations from the literature and consider their practical application. All members of the working group had a strong interest in this work, some with professional experience and others with lived experience.

The full report can be read on the Taskforce's website - <u>Women's Report | Drug Deaths</u> <u>Taskforce</u> and a summary of the recommendations is available here - <u>Women's</u> <u>Group Recommendations Summary | Drug</u> <u>Deaths Taskforce</u>

## Global Drugs Survey 2022

A drug or alcohol problem is a health

condition. People should receive help and support, not judgement.

Let's end the stigma of addiction.

hsinform.scot/stigma

Have you participated in the Global Drugs Survey 2022 yet?

This year's survey is looking at seven key areas including drug laws, low or alcohol free drinks, sex and psychedelics, drink spiking and illicit tobacco.

The survey is anonymous, confidential and encrypted. You can take part in the survey <u>here</u>.

## Alcohol Related deaths in England & Wales hit 20 year high

Alcohol killed more people in 2020 in England and Wales than in any of the previous 20 years, <u>official data</u> shows. This follows on from a 17% increase in deaths in Scotland last year, taking deaths to their highest level since 2008.

There were 7,423 deaths from alcohol misuse last year - a rise of 20% from 2019, the Office for National Statistics says.

Deaths increased from March 2020 onwards when the UK's coronavirus epidemic forced the first national lockdown.



## 12 Days of Community Safety: continued from front page

## Day 2: Electrical Safety Tips!



#### It's still 'strange

times this Christmas' but whatever comes, we will be getting in the festive spirit! However, one Xmas present nobody wants is an electrical fire or accident. Here's some top tips for keeping safe during the seasons' festivities.

- Getting lights out of storage ready to decorate the tree? Make sure they are safe with no missing bulbs or obvious damage. Give the lights a break and turn them off if you're not there to enjoy them. Get more tips and information on electrical
- The kitchen is the heart of the home particularly at Christmas but it is also where most fires start. Fat build-up on

cookers or air vents blocked on microwaves, can all cause products to overheat.

- With more people around, there is usually a need for more sockets. But don't overload them and be careful if you are using extension leads. It is easy to slip and trip if you are a bit merry!
- Online shopping for presents? We all want a bargain but if the price is too good to be true, look again, A fake designer handbag might not look as long or as good as the real thing but it won't kill you – a fake electrical item could!

Get more tips and information on electrical safety on the Electrical Safety First website <u>here</u>.



#### Day 3: Violence Against Women & Girls (VAWG) - Equally Safe

The prevalence of violence against women and girls (VAWG) in our society has a detrimental impact on the health and safety of people and communities. 1 in 3 women experience physical or sexual violence, mostly by an intimate partner. Women and children who experience VAWG are at increased risk of experiencing inequality of outcomes throughout their life, including lower levels of physical and mental wellbeing and increased risk of harm. The Equally Safe strategy highlights the need for agencies across every area of Scottish life to work together to tackle violence against women and airls. The National VAW Network brings together local and national stakeholders to ensure a joined-up approach is taken to this work.

This includes awareness raising activity such as the annual 16 Days of Activism Against Gender -Based Violence campaign (25<sup>th</sup> November – 10<sup>th</sup> December 2021). In 2021, the Network have developed a <u>toolkit of resources</u> to maximise the impact of this year's campaign.

The theme developed by the Network for the 16 Days campaign this year is #LightUp, with local and national activity ongoing to 'light



up' public buildings and spaces to raise awareness of 16 Days and VAWG. The slogan #WhatWill**You**Do is being used as a call to action for people across Scotland. Concluding this campaign, the Scottish Government and COSLA co-chaired a National Summit on the 10th of December bringing together local and national stakeholders across the country to identify actions that can be taken individually and collectively to improve outcomes for women and children affected by VAWG.

### Day 4: Mental Health -SAMH



Almost a third of people with mental health problems feel

unable to cope at Christmas. Christmas adds a lot of pressure of different kinds. Here are some handy tips to keep well over the festive period!

#### **Get Active**

Why not schedule in a walk on Christmas day on your own or with all the family? This can help us have a quiet 30 minutes in a busy day to reflect.

#### Take Notice

With so much going on it is important we appreciate what's happening now, and not dwell on the past or worry about the future. Why not put a mindfulness book on your Christmas list? It can be a great way to de-stress and train our brain to be in the moment.

#### Learn

Learning can be fun, and also increase our confidence. So take time out to read a book, learn

Day 5: Safer Nights Out - Street Assist

#### It's Not Just for Christmas! Your SAFETY is for LIFE

Christmas parties and nights out have been in full flow, which means the City Centres across Scotland are much busier than normal.



In Edinburgh we have Street Assist, a local charity who aim to reduce vulnerability within the Night-Time Economy, so before you leave the house consider these top tips.

- Do a Lateral Flow Test!
- Make sure you have a Face Mask
- Make sure your mobile phone is fully charged, you will need this to show your Covid Passport and you may need it to arrange a SAFE route home or access your Bank Cards or Bus Pass
- Have something to eat.
- Wear appropriate clothing for the weather conditions.
- Never leave your drink unattended and take advantage of any anti-spiking items

how to use a new gadget or sign up for a class in the New Year.

#### Give

It feels rewarding to give so why not use some of your time off to volunteer for a cause you feel passionate about. It's been proven that an act of kindness boosts your mood and increases your wellbeing.

#### Stay connected

Christmas can be a particularly lonely time, so it's important to stay in touch with friends and family, especially if you're feeling down. Even if it's just having a chat over a cuppa, talking can help lift your mood.

Staying connected may seem easy with social media and new technology, but these connections aren't as good as meeting face to face or having a long chat. Try to make a phone call rather than email or text, and meet up with that friend you haven't seen in a while. You'll share a lot more than you would over social media and talking can be a good way to tackle a problem you've been carrying around.

that many Pubs and Clubs have available for Patrons.

- Always stick with your friends.
- Rehydrate with water in-between alcoholic drinks.
- Use hand sanifiser and wash your hands when possible.
- Organise your journey home in advance.

If you are out with a group of friends, consider downloading <u>Hollie Guard</u> <u>Personal Safety APP</u> as it will notify all your group that each person has arrived home safely.

• If you are out on a date familiarise yourself with the <u>Ask for Angela</u> Scheme.

Our Street Assist Volunteers are out every Friday and Saturday night from 10pm to 4am and will be available if you're night out doesn't go to plan, and you require some assistance.

You can contact us on 07708351200

Street Assist Edinburgh is quite unique in Scotland but in other towns and cities there is always help available, Dundee SafeZone for one and many teams of Street Pastors who can also assist across the country.



### Day 6: Alcohol at Christmas - Glasgow Council on Alcohol

Police Scotland have teamed up once again with Road Safety Scotland to <u>warn of the</u> <u>dangers of drink and drug driving</u> over the festive period.

The legal drink drive limit in Scotland is very low (50mg per 100ml of blood), so drinking any amount of alcohol and driving is extremely risky.

If you're going to have one or two drinks it's very important that you know exactly how many units of alcohol you have consumed. It takes the liver roughly one hour to process one unit of alcohol (equivalent to a single measure

#### Day 7: 12 Scams of Christmas - Trading Standards Scotland

This December, Trading Standards Scotland is running a **12 Scams of Christmas** campaign to raise awareness of some of the most frequently reported scams in Scotland during 2021.

Throughout 2021, scammers have continued to adapt to changing circumstances, with new scams related to COVID-19 vaccinations and passports emerging. The growth of online shopping during the pandemic has led to a rise in delivery scams, while the continuing demand for pets during lockdowns has fuelled the illicit puppy trade.

2021 has seen an increase in scams related to energy efficiency measures, with cold callers offering misleading information about the availability of grants and funding for products such as boilers and roof insulation.

Other common scams included phishing emails and cold calls, purportedly from trusted companies such as banks and broadband providers or official organisations such as HMRC and DVLA, in which scammers try to of spirits or half a pint of average strength lager). However, it may take slightly longer the older you are - and can also depend on whether your liver is healthy & fully functioning.

As such we recommend that if you are driving on a given day, it's best just not to drive - and if you're having a heavy night out, you're much better to avoid driving the next day.

People sometimes drink more over the festive period. Drinking between 6-8 units (depending on whether you are a man or woman) or more is officially classed as binge drinking. At this level, alcohol can affect the brain enough to increase you risk of having accidents, being a victim of crime or doing something you regret!

The best way to keep all of your health and other risks from alcohol low is to stick to the safer recommended drinking guidance and not regularly exceed 14 units per week of alcohol, spread over 3-4 days with 2-3 days per week where you don't drink.

If you're concerned about your own or someone else's drinking, you can access information on support near you on the Alcohol Focus Scotland website <u>here</u>.

obtain consumers' personal and banking details. As in previous years, high numbers of doorstep scams were also reported throughout Scotland.

Read more at <u>www.tsscot.co.uk/12scams</u>. Short animated videos can be viewed <u>here</u>. Scottish consumers should report scams to **Advice Direct Scotland** on **0808 164 6000** or at <u>www.consumeradvice.scot</u>. Report suspicious behaviour to **Police** 



#### Day 8: Gambling

Citizens Advice Scotland (CAS) has been funded by GambleAware to rollout the Gambling Support Service (GSS) across Scotland from



April 2020 to March 2022. The project delivers training to frontline workers to help them recognise when people are at risk of, or experiencing, gambling harms. GSS also supports people in accessing specialist support and treatment services and it aims to raise awareness of gambling harms in Great Britain.

Email: GamblingSupport@scottishcabs.org.uk

Website: <u>https://www.cas.org.uk/spotlight/</u> gambling-support-service

#### Day 9: Neighbourliness

More people live alone these days than ever before. If you live near someone who lives alone, especially an older person - think about checking in on them from time to time. Christmas can be a difficult time to be alone, and this year more people might be in that position due to the Omicron variant and a need to self isolate.



Christmas is also a time of year where people are more vulnerable to scams, falls, and a whole other range of issues. To stay up to date with the latest news in your local area - signing up to the Neighbourhood Watch ALERTs scheme is a really good idea!

You can sign up to receive ALERTs here.

## Day 10: Wise up to winter - Scottish Fire & Rescue Service

A campaign encouraging householders in Scotland to minimise the risk of a fire has been launched by the Scottish Fire and Rescue Service.

Latest figures show firefighters attended more than 450 accidental house fires in just one month last winter.

#### Day 11: Falls Prevention

A recent report by the UK Government on the impact of Covid-19 on falls in older adults predicts that 110,000 more older people (an increase of 3.9%) are now projected to have at least one fall per year as a result of reduced strength and balance activity during the pandemic, with a cost of £211 million to the health and social care system.

Find out how you can reduce your risk of having a fall, including 6 exercise suggestions, on the Roar Communities for Life website <u>here</u>. Sadly, during the same period, accidental house fires claimed the lives of seven people and resulted in 58 casualties.

The incidents happened between 7 December, 2020 and 11 January, 2021.

Find out more and what steps you can take to stay safe this winter on the SFRS website <u>here</u>.

#### Day 12: Message from Santa

I'm so looking forward to Christmas! It's most annoying that the Covid pandemic is still with us. It really does make life so much harder for everyone, including me!



I have to visit billions of houses on Christmas Eve and I'm an old man. It would be terrible if I got Covid and couldn't deliver all my presents. I've had my vaccines & will be wearing a mask over my beard.

Please take the advice of the experts & do the same! You wouldn't want to make an old man unwell now would you!

Wishing you a Merry Christmas!

## UK Black Pride Survey Report published



UK Black Pride has just published the results of a 2021 Survey conducted to better understand the experience of black LGBTQI people in the UK. Writing in the introduction to the report, Lady Phyll, co-founder and Executive Director of UK Black Pride said:

We continue to be concerned at the erasure of and disregard for the lived experiences of LGBTQI+ Black people and people of colour.

In two prominent examples, the Government's 2017 National LGBT Survey and the 2021 Sewell Report, the impact of racism and discrimination on LGBTQI+ Black people and people of colour was completely overlooked, but the intersection of race, sexuality and gender identity is one that demands examination. In the past 12 months, 47% of all respondents have been insulted, pestered, intimidated or harassed in person; of respondents who had experienced violence or harassment, over 56% felt that it had been motivated by their race or ethnicity, and 47% felt that it had been motivated by their sexuality.

These findings offer insights into two phenomena: the increasing anti-LGBTQI+ discrimination across British society, and the racism experienced by LGBTQI+ Black people and people of colour within the LGBTQI+ communities. The refusal to acknowledge the particular and specific harm caused LGBTQI+

Black people and people of colour in this country continues to exacerbate violence and discrimination against our communities. And well-publicised and long-running failures by organisations "committed" to providing safe spaces for the LGBTQI+ community continue to reveal a consistent lack of meaningful actions to address racism, transphobia, Islamophobia and discrimination among our own ranks.

Hostile coverage about trans people in British media continues to contribute to challenges for trans and non-binary people in our communities.

A general feeling of unsafety in public has impacted the mental health and wellbeing of our trans and non-binary siblings, as they continue to avoid public bathrooms, gyms and sports groups. Islamophobia in the media and across British society is impacting our Asian and Asian British siblings, and those who are read as Muslim whether or not they are: 70% avoid certain streets because of feeling unsafe and 55% adjust the way they dress in public.

You can read more & download the full report <u>here</u>.

#### Fearless Christmas Safety Campaign

This time of year can be full of fun and excitement, but for some young people it can be a time of added pressures and concerns.

That's why this Christmas they've partnered with Network Rail Scotland, to help you stay safe whether you're out with your mates or spending time at home.

They've produced a range of videos and other resources with messages around safety at Christmas - including on harm & neglect of children, exploitation and drugs and carrying knives.

Check out the campaign & resources on the Fearless website here.





Latest news from the Home Safety Scotland Forum

### Join our forum!

We're always looking for new members to join our group! If you work in or are interested in home safety and would like to join or attend our forum - please contact josh.box@scsn.org.uk. Follow Home Safety Scotland on Twitter: @HomeSafetyScot

#### Avoid buying unsafe toys this Christmas! - Child Accident Prevention Trust (CAPT)

Unsuspecting parents may be buying their children toys with accessible button batteries, super strong magnets or choking and strangulation risks. Why? Because unscrupulous dealers can sell dangerous toys on well-known online platforms.



child accident prevention trust

Find out what the problem is and how you can help families avoid dangerous toys with our <u>free</u> webinar.

#### British Red Cross Winter Wellbeing Pack

Recent times have been challenging, and we know this time of year can often be more testing. So brighten up the winter months with our new **Winter wellbeing calendar**, which is full of ideas and activities to boost wellbeing.

You can <u>order free colour printed copies or download to use at home</u> or with groups in your community.

accidents don't

have to happen

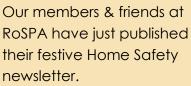


#### Book a wellbeing workshop

Learn to help yourself and others adapt and recover from challenges by identifying practical and emotional skills that help when faced with a crisis.

Find out more & book your place on a workshop here.

#### Festive Edition of HomeWord - RoSPA Home Safety newsletter published



Check it out for all the latest Home Safety news and updates here.

#### 'Silent Killer' resources launched on Carbon Monoxide Awareness Week

Carbon Monoxide Awareness Week took place at the end of November & our friends at SGN launched a new set of resources aimed at teaching 12-16 year olds about the dangers of carbon monoxide.

You can find out more and download the resources <u>here</u>.

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Surviving in plain sight: Disabled women and domestic abuse - Fiona Robertson MSP, writing in Bella Caledonia

Engender have published an in-depth, much-needed report on disabled women's reproductive rights: '<u>Our Bodies, Our Rights</u>'. There are so many different threads of marginalisation, isolation and oppression which have a cumulative impact on disabled women and, though disabled people have known about them for a long time, academia and civil society are only just beginning to take steps towards believing us.

It has taken so long because disabled people, and disabled women in particular, are not trusted. We are not considered credible witnesses to our own experiences, not considered reliable reporters of events around us, and not considered to be capable of the most basic forms of autonomy. No matter how our impairments affect us, these blanket generalisations are imposed upon us as a whole group by abled people. For women with learning disabilities or mental health conditions, this effect is compounded.

Read the full blog here.

#### Public Consultation on National Litter and Flytipping Strategy for Scotland Launches

The Scottish Government <u>public consultation</u> on litter and flytipping in Scotland, supported by Zero Waste Scotland, the Scottish Environment Protection Agency (SEPA) and Keep Scotland Beautiful, has just been launched.

Research shows **88% of Scots** agree that litter is a problem across Scotland. And **70% are concerned** about the problem in their area.

The 15-week <u>public consultation</u> will seek the views of stakeholders and the wider public on the aims and objectives that will form the National Litter and Flytipping Strategy for Scotland, due to launch in 2022.

Follow the campaign on social media using the hashtags **#HaveYourSayOnLitter** and **#HaveYourSayOnFlytipping** 

Tackling Fly-Tipping and Preventing Illegal Rubbish Dumping: Encouraging Responsible Waste Disposal and Reducing Waste Crime

#### Tuesday 1st February 2022

The Public Policy Exchange is running a webinar in February looking at encouraging responsible waste disposal and reducing waste crime.

Find out more and book your place <u>here</u>.

Please note there is a fee for attending this event.

## FOLLOW US ON SOCIAL MEDIA

info@scsn.org.uk

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/ScottishCommunitySafetyNetwork

### SHARE YOUR NEWS!

If you would like to submit an article, request information or

share good practice in our newsletter, please get in touch! Email <u>info@scsn.org.uk</u>









Mansfield Traquair Centre 15 Mansfield Place Edinburgh, EH3 6BB 0131 225 8700/7772 Email: info@scsn.org.uk Company Ltd. SC357649 Charity No. SC040464

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