



ANNUAL REVIEW 2011-2012



**Maximising the impact  
of the voluntary sector  
on health in Scotland**

# Taking VHS Forward



This year has been a challenging year for all third sector organisations, including Voluntary Health Scotland.

We remain clear that our strategic objectives are to:

- Strengthen and support third sector and community organisations delivering health care, promoting health improvement and tackling health inequalities;
- Build the third sector's influence and shaping of national and local health policy and services;
- Demonstrate and promote to a wide audience the unique value which the third sector brings to health in Scotland.

A reduction in our funding, together with staff and Board changes in 2011-12, meant that we have had to develop a clearer and more wide-ranging vision for VHS and make changes to ensure the organisation's future sustainability. We are now confident that, following a sustained period of modernisation and restructuring, VHS is strongly placed to fulfil its mission of maximising the impact of the voluntary sector on health in Scotland.

Previously, our work focused primarily on disseminating information, and did this extremely well. Going forward, VHS will further develop its role in providing a voice and a platform for its members, many of whom will be under financial pressures and operating in a difficult environment. VHS is uniquely placed to reflect organisations' concerns and to work with them, key decision makers and funders, to seek positive solutions.

VHS has a strong track record of gathering and analysing evidence that relates to health and the third sector. Our role in researching and reflecting the experience of services and service users in order to inform policy and legislation will be expanded. At the same time, we will pursue new collaborations and partnerships.

The past twelve months have been a period where LTCAS (now The Alliance) and VHS explored the possibility of merging the two organisations. The intervening months have seen useful work carried out that has helped both organisations arrive at a better understanding regarding the challenges that would be involved in any merger. For its part, the process of exploration enabled VHS to reach a clearer understanding about both the benefits and disadvantages that a merger would mean for it, its members and the wider voluntary health sector.

Whilst discussions with LTCAS remained open, in the early part of 2012 the VHS Board reached the conclusion that, as an organisation with responsibilities towards all its stakeholders, it needed to implement immediate change to ensure VHS's continued financial sustainability, its development as an effective voice for the voluntary health sector and strong partner for all its stakeholders.

*“ VHS is uniquely placed to reflect organisations' concerns and to work with them ”*

At that point VHS took the decision to restructure its staff team and to appoint a new chief officer. In August 2012 Claire Stevens joined VHS as our new Chief Officer. On behalf of the VHS Board I would like to warmly welcome her. Already she has shown that her enthusiasm, energy, personal qualities, experience and in-depth knowledge of the third sector will ensure a quantum leap forward for VHS in 2012-13.

**Margery Naylor**, Chair

## Opening a new chapter

Newly in post as VHS's chief officer, I have arrived as a vital new chapter in the organisation's development gets underway. Meantime, new pages in the story of Scotland's health and wellbeing are being created, with the third sector playing a growing part as both author and contributor.

The arguments for tackling fundamental inequalities and focusing resources on preventative measures were articulated very clearly in last year's Christie Commission report. These are areas where the third sector delivers strongly, as a glance at any of VHS's 366 members will show. Circle Scotland, working with marginalised families to support their children's healthy development. Care and Repair Edinburgh, supporting older and disabled people to stay in their own homes. Paths for All Partnership, promoting better paths and supporting people to walk, ride and cycle more in their local communities. Hearts and Minds, promoting interaction and laughter in hospitals, hospices, residential and respite care.

These examples illustrate the often distinct third sector focus and approach – building social capital and resilience, reducing isolation, working closely with individuals and communities so they have a voice and are supported to shape solutions that meet their needs.

To quote Harry Burns, Chief Medical Officer for Scotland, from his own Annual Review: "There is willingness in Scotland to embrace new thinking in our efforts to narrow health inequalities, and make Scotland a better place to grow and develop. If we can capitalise on this positive mind set, we can make changes which may result in significant improvements to the health and wellbeing of all Scots".

The third sector is very much on this page. Now my job is to work with the Board, our members and our small staff team to renew our vision and reshape our strategy for maximising the impact the voluntary sector has on health across Scotland. In doing so, all of us involved in VHS look forward to working with you to shape this next chapter, whatever your own role and sector may be.

**Claire Stevens**, Chief Officer



“There is willingness in Scotland to embrace new thinking”

## Growing and supporting the membership

VHS's strength lies in its members, who work to improve health and address inequalities in communities, support people affected by illness and disability, and enable the voice of individuals and communities to be heard by policy makers.

Building and supporting an active membership across the third sector is a core function of VHS. Membership continued to expand during 2011/12, growing to 366 members across Scotland. VHS now has a significant constituency of smaller organisations – with either national or local remits – coming on board.

136 members were full organisational members, representing voluntary organisations with a specific focus on improving health at national, community or individual level. A further 230 were associate members, representing other types of organisations and individuals supporting VHS's aims. 15 local Third Sector Interfaces were members.

During the year VHS continued its member information services, in particular its monthly e-bulletins. These disseminated health focused information about events, Scottish Government policy consultations, NHS developments, member activities and funding opportunities. Each e-bulletin reached over 1,800 mailboxes and was viewed over 1,500 times.

## Key milestones

**Collaboration with a wide range of public and voluntary agencies grew throughout the year, building cross-sectorial understanding, pooling expertise and maximising use of resources.**

Establishing the Quality Alliance Board was an early commitment in the national Healthcare Quality Strategy. The Quality Alliance Board comprises strategic leaders from NHS Scotland, Scottish Government and key stakeholder organisations, including the third sector. The Quality Strategy has led to three national action groups focused on improving the way the NHS and the third sector work together. VHS has led the action group on increasing engagement between Health Boards and the third sector and is leading the related development of the national Leads Network. VHS is also contributing to a second action group that will create an online resource to help Health Boards understand and access third sector resources more readily.

VHS continued to be a partner in the Health Intermediaries Change Programme, a strategic agreement between VHS, Community Health Exchange, and Community Food and Health (Scotland), designed to maximise their collective impact on health improvement. One successful outcome was the designing, in partnership with the Scottish Government's Third Sector Unit, of a programme of Learning Exchanges between civil servants from across government and voluntary organisations at the sharp end of delivering health improvement services to local communities. These Learning Exchanges will continue to take place during 2012/13.



***VHS has led the action group on increasing engagement between Health Boards and the third sector***

Reshaping Care for Older People is the national change programme designed to enable Health Boards and local authorities, together with voluntary agencies, to redesign services for Scotland's growing older population. The programme's implementation gathered pace throughout 2011-12, and VHS worked with the Scottish Government, the Joint Improvement Team and other national intermediary bodies to strengthen the third sector's contribution to the programme. VHS represented the interests of its members on the SCVO and LTCAS led advisory groups on Reshaping Care, as well as on the Scottish Government national demonstration project advisory group.

In June 2011, the publication of the Christie Commission report on the Future Delivery of Public Services marked a significant milestone in the public sector reform agenda. The report argued that systemic defects in Scotland's public services, including a lack of focus on channelling resources towards prevention, were allowing deprivation and inequalities to grow. Christie recommended a radical overhaul of the relationships within and between all institutions – public, private and third sector – responsible for designing and delivering public services. As part of its response, VHS continued its collaboration with Brian Cavanagh of Calibrate Coaching, organising three Invest to Engage seminars, in Glasgow, Dundee and Edinburgh. These focused on building voluntary organisations' confidence and success in engaging with the NHS at a local level.

During the year, the Scottish Government reviewed how it supports the voluntary sector through the Unified Voluntary Sector Fund and the Community Learning and Development Headquarters Funds. Margery Naylor, Chair of VHS, was appointed to the independent Expert Group set up to assist the review and make recommendations. The future of Scottish Government support for the sector is a key issue for existing recipients and those currently unable to access funds, and VHS held its own consultation event with members in January 2012 to ensure a strong response from voluntary health organisations.



# Financial summary

For the year ending 31 March 2012

	Unrestricted £	Restricted £	2012 £	2011 £
<b>Incoming</b>				
Subscription income	4,745	–	4,745	2,560
Investment income	277	–	277	193
Grants receivable	–	215,000	215,000	194,000
Conference and events income	3,500	–	3,500	7,672
<b>Total Income</b>	<b>8,522</b>	<b>215,000</b>	<b>223,522</b>	<b>204,425</b>
<b>Expenditure</b>				
Charitable activities	37,646	174,482	212,128	228,136
Governance costs	–	3,081	3,081	3,119
<b>Total expenditure</b>	<b>37,646</b>	<b>177,563</b>	<b>215,209</b>	<b>231,255</b>
<b>Net movement in funds</b>				
Total funds at 1 April 2011	59,208	–	59,208	86,038
<b>Total funds at 31 March 2012</b>	<b>30,084</b>	<b>37,437</b>	<b>67,521</b>	<b>59,208</b>

A copy of the full accounts for 2011/12 may be obtained from Voluntary Health Scotland on request.

# About us

## Board of Directors

<b>Margery Naylor</b> , Chair	Care Inspectorate
<b>Frank Burns</b> , Vice Chair	Association of Local Voluntary Organisations
<b>Philip Dolan MBE</b>	West of Scotland Haemophilia Group
<b>Eddie Follan</b>	Cambium Advocacy
<b>Margaret Totten</b>	Counselling Services Scotland
<b>Colin Murray</b>	Edinburgh Voluntary Organisations Council

## Staff

<b>Claire Stevens</b>	Chief Officer and Company Secretary
<b>Alison Crofts</b>	Membership and Administrative Officer

## Auditors

Whitelaw Wells  
9 Ainslie Place  
Edinburgh EH3 6AT

## Bankers

Unity Trust Bank  
9 Brindley Place  
Birmingham B1 2HG

## Acknowledgements

We thank the Scottish Government and NHS Health Scotland for their funding and support, and in particular we thank Sandra Falconer and Anne Lee for their advice and guidance.

# Full Member Organisations 2011/12



Aberdeen Foyer  
 Action for M.E.  
 Action for Sick Children (Scotland)  
 Action on Hearing Loss  
 Acumen  
 Addictions Support & Counselling  
 Airdrie Citizens Advice Bureau  
 Alcohol Counselling Service (Ross-Sutherland)  
 Alternatives (Dundee Pregnancy Crisis Trust)  
 Alzheimer Scotland – Action on Dementia  
 Art in Healthcare  
 Arthritis Care  
 ASH Scotland  
 Association of Local Voluntary  
 Organisations  
 Asthma UK Scotland  
 BackCare (Lothian Branch)  
 Borders Voluntary Community Care Forum  
 Bowel Cancer UK  
 BRIDGE Council for Voluntary Services  
 British Heart Foundation  
 Building Healthy Communities  
 in Dumfries and Galloway  
 Butterfly Trust  
 C Level  
 Caledonia Youth  
 Cambium Advocacy  
 Cambuslang & Rutherglen CHI  
 Cancer Link Aberdeen & North  
 Caps Advocacy  
 Care & Repair, Edinburgh  
 Care for Carers, Volunteering, Befriending  
 Care For Scotland  
 Carr-Gomm Scotland  
 Central Scotland Friends of Arms  
 Chest, Heart & Stroke Scotland  
 Circle

Community Transport Association  
 Consumer Focus Scotland  
 Contact the Elderly in Scotland  
 COSCA  
 Counselling Services Scotland  
 CVS Aberdeenshire – Central & South  
 CVS Clackmannanshire  
 CVS Falkirk & District  
 CVS Fife  
 Deaf Action  
 Deafblind Scotland  
 Diabetes UK Scotland  
 Dumbarton Area Council on Alcohol  
 Dundee Carers Centre  
 Dundee Voluntary Action Ltd  
 Eczema Scotland  
 Edinburgh Community Mediation Service  
 Edinburgh Cyrenians Trust  
 Edinburgh Headway Group  
 Edinburgh Voluntary Organizations Council  
 Energi  
 Epilepsy Connections  
 FAiR  
 Falkirk & District Association  
 for Mental Health  
 Fast Forward Ltd  
 Fibromyalgia Friends Scotland  
 Fife Alcohol Support Service  
 Gay Men's Health  
 Glasgow Association for Mental Health  
 Glasgow Council for the Voluntary Sector  
 Glasgow Council on Alcohol  
 Good Morning Project  
 Haddington CAB  
 Handicabs (Lothian)  
 Health in Mind  
 Healthy Valleys

Hearts & Minds  
 Helensburgh Addiction Rehabilitation Team  
 HIV Scotland  
 Home-Start UK  
 Inverclyde Association for Mental Health  
 L.O.T.U.S  
 Lanarkshire Association for Mental Health  
 Lifecare  
 Lothian Centre for Inclusive Living  
 Lothian Community Health Projects' Forum  
 Mearns And Coastal Healthy Living  
 Network  
 Meningitis Research Foundation  
 Men's Health Forum  
 Mental Health Advocacy Project  
 (West Lothian)  
 Midlothian Voluntary Action  
 Mindroom  
 Moray HandyPerson Services  
 Moray Voluntary Service Organisation  
 Neurological Alliance of Scotland  
 North Glasgow Community Food Initiative  
 NSPCC  
 Open Secret  
 PAMIS  
 Parkinson's UK  
 Partnerships for Wellbeing  
 Paths for All Partnership  
 PENUMBRA  
 Pilton Community Health Project  
 Play Scotland  
 Princess Royal Trust Dundee Carers,  
 Volunteering, Befriending Centre  
 Psoriasis Association  
 Ramblers' Association Scotland  
 RCN Scotland  
 REACH Community Health Project

Relationships Scotland  
 Renfrewshire Carers Centre  
 Renfrewshire Community Health Initiative  
 Revive MS Support  
 Roy Castle Lung Cancer Foundation  
 Royston Stress Centre  
 Safe Space  
 Scottish Epilepsy Centre  
 Scottish Huntington's Association  
 Scottish Institute of Human Relations  
 Scottish Partnership for Palliative Care  
 Scottish Pre-school Play Association  
 Shared Care Scotland  
 Sleep Scotland  
 SPOKES (The Lothian Cycle Campaign)  
 Stewarty CVS  
 Stirling Health & Well-Being Alliance  
 Stirlingshire Voluntary Enterprise  
 Tak Tent Cancer Support Scotland  
 The Dochas Fund  
 The Haemophilia Society  
 The Junction  
 The PBC Foundation  
 The PF Counselling Service  
 The Stroke Association  
 Tourette Scotland  
 Tullibody Healthy Living Initiative  
 Universal Comedy  
 Voluntary Action Moray  
 Voluntary Action Shetland  
 Voluntary Action South Ayrshire  
 Waverley Care  
 West of Scotland Haemophilia Group  
 Wester Hailes Health Agency  
 Western Isles Association For Mental Health

# Voluntary Health Scotland welcomes new members

## Together we can strengthen the voice of the voluntary health sector

### **Voluntary Health Scotland**

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