

## KEY MESSAGES



GIVING A VOICE TO SCOTLAND'S COMMUNITY LINK WORKERS

## SCLWN: Knowledge Exchange 29 January 2025

### Introduction

Voluntary Health Scotland and the Scottish Community Link Worker Network hosted the 9<sup>th</sup> Knowledge Exchange event on 29 January 2025, featuring presentations from Alison Reeves from [Making Music](#), Baz Chapman from [Singing for Health Network](#) and Linsey Valiente from [Breast Cancer Now](#).

### Singing for Health/Making Music

Alison and Baz started their presentation with two polls, the first one asking CLWs about their own experiences of singing and whether they had prescribed a singing related activity for their patients. The second poll focused on asking the CLWs to identify what kind of information would be helpful to them. You can see the poll responses in the presentation.

They then outlined the benefits of singing to people's physical and mental health before talking through the Singing for Health model and a suggested timeline for social prescribing to a choir or singing group. Making Music has around 280 members in Scotland and they encouraged the CLWs to get in touch to find out about support in their local area.

CLWs shared information about the different types of singing groups they have come across including those specifically for carers and people with dementia. Another CLW spoke about the challenges they can face in terms of finding the right kind of group for their patient. Some patients can feel intimidated at the thought of a choir, as well as facing difficulties in travelling to a group, particularly in rural areas. Some choirs, particularly those for younger people, may have a cost implication. Alison and Baz are happy for any CLWs to contact them for help in finding the right group. They finished by recommending that CLWs look at [The Joy App](#) which supports connecting people to local services.

## Breast Cancer Now

In her presentation, Linsey Valiente outlined the support provided by Breast Cancer Now to those experiencing breast cancer and the people that support them. She talked through the four main areas of support that they provide:

- Moving Forward
- Younger Women Together
- Someone Like Me and
- Secondary Breast Cancer Support.

**Moving Forward** and **Younger Women Together** are two supports they offer face to face and online for patients who have completed their hospital-based treatment for primary breast cancer, the face-to-face option is offered in different parts of Scotland.

Their **Someone Like Me** service matches a patient to a trained volunteer who has had the same or a similar experience. They have 300 volunteers on the database - and numerous volunteers who can speak different languages. Some of their volunteers are partners of people diagnosed. Their **Younger Women Together** services are for people aged 45 and younger. Their **secondary breast cancer support** is for those who have secondary breast cancer and treatment is ongoing rather than with curative intent. They also offer Living with Secondary Breast Cancer monthly in person groups in certain parts of Scotland and you can find out more information [here](#).

Their [Access Fund](#) can help people access their services, for example, to help with travel costs, childcare etc. Linsey emphasised that they can also provide translation services for their support via the Language Line. She finished by highlighting their Train the Trainer course and emphasised that Breast Cancer Now welcomes referrals directly from CLWs for any of their services via their [online referral form](#).

## Contact

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