

scottish
health
council

making sure
your voice counts



Working
together to
improve health
and social care



Workshops

**Working together to empower people
and communities**



What is Voices Scotland?

Voices Scotland is a **free** and **flexible** workshop that has been developed to help support people, groups and communities to explore issues that are important to them.

Voices Scotland aims to provide you and your community with the knowledge, skills and confidence to **have your voices heard** in the shaping of local and national health and social care services.

The workshops can focus on any topic related to health, social care or the wellbeing of your community, and each workshop can be **tailored** to the needs of individuals, groups or organisations.

The Scottish Health Council delivers these workshops across Scotland with members of the public, community groups and staff working across health and social care. We particularly welcome working with group members and staff together to **promote mutual understanding**, which lies at the core of the Voices Scotland approach.



“It was helpful to explore step by step the best way to go forward when hoping to make change happen”

“It was really useful to explore how to present a case for change effectively”

“Has given me food for thought, will make me think about how I express myself”



Taking part in a Voices Scotland workshop will assist people to:

- Gain an **understanding** of how health and social care services and associated organisations work in Scotland.
 - Understand the **benefits** and **barriers** to public involvement in health and social care.
 - Understand the role of a **public representative** and how individuals can undertake such a role.
 - Recognise the benefits of working **collaboratively** with other people to shape services.
 - Discover how **personal experiences** can influence improvement.
 - **Identify** the issues which matter to communities.
 - **Explore** ways to gather and present information to influence change.
 - Develop and explore **effective communication** skills to help influence change in how health and social care services are delivered.
 - Explore how to draw on national and local resources to support **improvement**
 - Have the **skills** to identify and contact local organisations and professionals who can help work toward change.
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Who are we?

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The Scottish Health Council works to promote public involvement in health and social care services across Scotland through our 14 local offices. You can get in touch with your local office at the contact details below or visit the website

www.scottishhealthcouncil.org :

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The Scottish Health Council is a key partner in the delivery of Our Voice, which aims to empower the voices of people and staff to improve health and social care: www.ourvoice.scot

Chest
Heart &
Stroke
Scotland



Voices Scotland was first developed and delivered by Chest Heart & Stroke Scotland, who continue to work with us to improve and refine the approach. You can find more information on the Voices Scotland website:

www.chss.org.uk/voices-scotland/