



Creative Arts and Literacies

WORD PLAY WAS AN INSTALLATION EXHIBITION showing work from a year-long innovative creative arts project called Origins. It was exhibited for a week at Ocean Terminal, Leith, in January.

The aim of Origins was to use a range of creative arts to explore personal histories, creativity and responses to the natural and built environment, whilst experimenting with innovative ways of developing literacy skills. The work, created by people facing a range of numeracy and literacy needs, was in the form of writing, drama, visual arts and video production.

Initiated and run by Common Ground Arts artists Sally Freedman and Gary Smith, at the Duncan Place Resource Centre in Leith, the project was made possible by funding from CLAN Edinburgh and the National Lottery Awards for All scheme.

A booklet was produced to accompany the project. Copies can be viewed at the CLAN office or bought for £8.00 from Common Ground Arts' Ikon Gallery.

Common Ground Arts have just had confirmation of further funding from CLAN to allow them to continue to develop their work. One project will be based in Leith again and another will begin in South Queensferry. Both projects will be creating opportunities for participants to develop literacy skills through drama, digital video and scriptwriting.

For more information, contact Gary Smith, The Ikon Gallery, 8 East Terrace, South Queensferry EH30 9HS. Tel: 0131 331 5447. Email: commongroundarts@onetel.net.uk

www.commongroundarts.co.uk

glory & dismay

The story of football in Edinburgh



A course aimed at young men

What were the greatest glories? The funniest stories?

The heroic tales and the inside intrigues which make up this story?

The Adult Learning Project is currently developing a course aimed at young men with an interest in football. When they have enough enquiries ALP will publicise the dates, times and venue. The course will explore students' experiences and record them using the written word, tapes and photography on computers. Coached by a professional footballer, the students will also be encouraged to develop their soccer skills.

The project hopes that it will be possible to collaborate directly with football clubs and supporter groups in Edinburgh to develop the story. Talking to older supporters and ex-professional footballers will help create a historic perspective.

If you are working in a group which has young men who would be interested in collaborating in this course, then contact John Player, Adult Learning Project, 184 Dalry Road, Edinburgh EH11 2EP. Tel: 0131 337 5442. Fax: 0131 337 9316. Email: john.player@educ.edin.gov.uk

www.alpedinburgh.com

COMMUNITY TREASURE CHEST 2



ON TUESDAY 24 FEBRUARY, residents of Broomhouse and North Sighthill were treated to a day of fun for all the family. It was an opportunity for local people to find out about the wealth of activity in their communities. It was also hoped to encourage more people to get involved with local community groups.

This year's Community Treasure Chest saw five venues: Sighthill Community Centre, Sighthill Library, Broomhouse Market, Broomhouse Centre and the newest venue St David's Church.

There was an abundance of activities for both adults and children. The most popular were the free alternative therapies; the BIG Project's karaoke session; Broomhouse Empowerment Project's photo treasure hunt; the Health Strategy Group's free pancakes; the Library's PlayStation 2 Tournament; Bookstart's Rhyme Times; nail art and face painting, and Laurie McLean's excerpts from 'She was aye workin'.

Driving Theory Test

Lynne Thomson, CLAN Project Worker based in South West Edinburgh, publicised some courses at the event including the Driving Theory Test which she is running with Ann Bradwell, Youth Literacy Worker. The first Driving Theory Course started at the beginning of March and due to the amount of interest at the Treasure Chest event, Lynne and Ann hope to run subsequent courses after Easter.

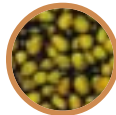
One of the highlights of the event was the launch of the Youth Publicity Package by Pop Idol contestant Craig Chalmers, who treated people to his songs, gave away free copies of his CD and signed autographs.

From the Broomhouse Empowerment Project, Karen Watts who co-ordinated the event said,

"Once again we were thrilled to see so many people taking part in this our second annual Community Treasure Chest. We were delighted to have the support of so many local community groups and organisations at the Volunteer Recruitment Fair in Sighthill Centre. Broomhouse and North Sighthill is a hive of activity but many local groups cannot survive without its valuable volunteers. The Community Treasure Chest's Volunteer Recruitment Fair helped organisations to raise awareness of their services and recruit new volunteers".

MORE BEANS = MORE FIBRE

APRIL IS BOWEL CANCER AWARENESS MONTH



In Scotland, bowel cancer is the second most common cause of cancer death. However, if detected earlier, it is one of the most curable cancers.

Here are a few hints about how you can reduce your risk. Eat more fibre in your diet. Beans and peas and other pulses such as lentils, split peas, chickpeas, soya beans, kidney beans are a good source. Other good sources of fibre are wholemeal bread, barley, rice, nuts, bananas, and potatoes – especially baked potatoes if you eat the skins. Oats are a very good source of fibre, so keep eating your porridge for breakfast.

Most fruit and vegetables contain fibre and you can use fresh, dried, tinned or frozen. Try to eat five portions of fruit or vegetables each day. There's a web site which shows how you can add fruit and vegetables to your diet at www.qmuc.ac.uk/fiveaday.

Do plenty of exercise: 3 x 30 minutes per week, if possible. Brisk walking, vigorous gardening, cycling, hoovering or washing floors are all good exercise.

Let your doctor know if other members of your family have had bowel cancer.

These are the signs and symptoms to look out for:

- bleeding from the back passage for no reason
- changes in bowel habit (lasting more than four weeks or more), such as constipation or diarrhoea
- a feeling of not completely emptying your bowels
- passing blood in your stools
- persistent cramping stomach pains which have started recently
- unexplained weight loss

Most people are still embarrassed to talk about these symptoms. These may be symptoms of other things but it is best to discuss them with your doctor just in case.

AWARENESS RAISING

The NOF (New Opportunities Fund) Cancer Awareness Project – Access for All Project covers the areas of the North West and the South East Edinburgh Local Health Care Co-operatives. (These areas include the Social Inclusion Partnership areas of North Edinburgh Social Inclusion Partnership, South Edinburgh Partnership and Craigmillar Partnership).

The project is happy to come to any group to give a cancer awareness information talk and/or display. For more information contact, Anne Paterson, Project Co-ordinator, Springwell House, 26 Ardmillan Terrace, Edinburgh EH11 2JL. Tel: 0131 537 7475. Fax: 0131 537 7552. Email: Anne.Paterson@lhb.scot.nhs.uk

Hot Potatoes

and other downloads

The web sites featured in this edition of Beans all offer free downloadable programs primarily for PC users though Hot Potatoes has an earlier version of their program for Mac users.

WordWeb is a free dictionary and thesaurus. You can look up words using WordWeb alone or from within a program, for example, when word processing or using email or the Internet. The application gives you definitions, how to pronounce the word and tells you whether the word is a noun, verb or adjective or adverb. It also lists synonyms and words with a similar meaning. You can download WordWeb from <http://wordweb.info/free/>

PROS: It is free and comprehensive (with 142,000 words). It sits as an icon on the toolbar at the bottom of the screen and gives information on the word at the cursor instantly.

CONS: The free version does not work out possible words if you can only partially spell them, so you cannot try tom --- ow and get tomorrow.

Hot Potatoes is a suite of six applications that allow tutors to easily create interactive exercises using multiple-choice and short answers, jumbled sentences, crosswords, matching and gap filling using any text. You can download Hot Potatoes from <http://web.uvic.ca/hrd/halfbaked/>

PROS: Hot Potatoes is a fairly sophisticated set of applications and is free of charge for those working for publicly-funded, non-profit-making educational institutions, who make their pages available on the Web. There are on-line tutorials to show how to use the suite.

CONS: It would take a while to get used to using the applications but the investment is probably worthwhile (it might be a good idea for a group of tutors to develop materials and share with others).

Big Calculator is a large onscreen calculator that works with either the numeric keypad on your keyboard or the mouse. It would be useful to students learning to link numbers and symbols with their names. Big Calculator can be downloaded from www.sensorysoftware.com/software/bigcalculator/index.html

PROS: you can use the calculator with speech if you have a SAPI speech engine 4.0 installed; this can also be downloaded free from www.microsoft.com/speech/download/old/sdk40a.asp

CONS: students may not like working with an onscreen talking calculator and prefer a desktop one.

The HOT Group

The HOT (*Hands On Technology*) Group is a small charitable organisation offering professional tuition in computer skills at all levels to adults in Edinburgh. Based at South Bridge Resource Centre, the group has the use of ten iMacs with Internet access in a readily accessible and well equipped computer suite.

The courses are free and designed to meet the needs of each student. The classes are conducted in a friendly non-competitive manner in the autumn, spring and summer terms.

For more information contact Val Mackenzie-Robinson, HOTG Secretary, South Bridge Resource Centre, Infirmary Street, Edinburgh EH1 1LT. Tel: 0131 558 3545. Fax: 0131 558 9355.



Smart City

On Thursday 19 February in the City Chambers, an open day run by E-Government and Corporate Communications presented demonstrations of some of the new Information Communications Technology (ICT) projects in the city.

The City of Edinburgh Council is engaged in a £150 million, ten-year ICT partnership with BT to deliver the Smart City vision. The vision aims to develop new ways to access services in a way the citizen or customer prefers such as through the Internet, digital TV, mobile phone, call centre or local one-stop shop.

Services and information will be personalised to match individual requirements and circumstances. A 'one and done' principle will underpin this new approach which means basically that customers will be able to carry out all their business in a single contact, at any time.

The Smart City vision is for the Council to be recognised as the UK leader in delivering modern, joined-up and interactive public services using a wide range of new technology.

More information about the Council's action plan is contained in the report 'Delivering the Smart City' which can be found at www.edinburgh.gov.uk/smartcity or by calling the E-Government division on 0131 469 3979.



Good Sport, Good Bean!

A group of young people who use the café at Clovenstone Community Centre in South West Edinburgh are currently involved in a project to promote the recently built sports huts at the centre.

The project has been set up by Lynne Thomson, CLAN Project Worker, Janet McCloughan, Clovenstone Community Education Centre Manager and Oliver Brooks of The Graphics Company.

The aims of the project are to successfully market the new sports huts by creating a suite of marketing material and planning a launch event whilst at the same time developing literacy and numeracy skills.

Clovenstone Marketing & Literacy Group will design leaflets, posters, business cards, invitations and a logo and will also be involved in writing letters to potential sponsors.

They will work closely with a graphic designer and will have the chance to visit a graphic design studio where they will be able to see the development of their design ideas.

The launch of the sports huts, which will feature an exhibition of the group's work, will take place during the Easter Holidays and the sports programme is scheduled to start at the beginning of the summer term.



Effective Communication

Clan Health & Literacy Workers, Jo and Elspeth, recently ran a workshop entitled 'Effective Communication' for health practitioners. The workshop was part of North West Edinburgh Local Health Care Co-operative (NWE LHCC) protected learning time programme at Murrayfield Stadium.

Malcolm Chisholm, Minister for Health and Community Care, was guest speaker at the event which was attended by over 300 health practitioners based in the North West area.

The aim of the workshop was to encourage health practitioners to become more aware of how they communicate with patients and offered practical suggestions on effective communication with the forum theatre group 'Right Style'.

Integrating Numeracy

Friday 23 April, 9.30am - 12.30pm



How confident do you feel about developing numeracy learning activities or integrating numeracy learning into other courses and group work? Have you got examples to share?

At this training workshop for adult literacy and numeracy practitioners, you will have the opportunity to

- discuss possible contexts, partners and content of numeracy learning
- consider how to apply critical approach
- hear about an example from The Number Shop

There will be a pack of ideas for developing numeracy activities within a variety of activities such as sewing, music, food, pub games and IT.

If you're interested, please register by **Friday 26 March** with Gillian at CLAN Edinburgh. Tel: 0131 270 6070. Email: gillian@clanedinburgh.org

Women: Make a Difference

Each March, ENACT for Women runs a festival to celebrate International Women's Day. This year's programme ran recently from 6 - 13 March and offered a wide range of women-only events and workshops throughout Edinburgh.

The organisation is led by volunteers and aims to promote women's rights, equalities and active participation in all areas of life.

If you or your organisation would like to be part of ENACT for Women or would like further information about the organisation, contact Carey Sinclair. Tel: 0131 346 7990. Fax: 0131 337 9316. Email: enactforwomen@uk2.net or visit the web site at www.enactforwomen.org

More Bytes

Contributions for the next issue of 'Beans' should reach the Editor's desk by Thursday 1 April.

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