

Here is a link to the Youtube site that features Pilmeny Development Project as one of only 3 community based projects chosen by CHEX (part of Community Development Scotland) as examples of good practice. hope you might have time to take a look!

CHEX are pleased to announce the launch of

The Picture of Health: a community-led health film



The Picture of Health highlights community-led health activity in four communities in Aberdeenshire, Edinburgh, Isle of Bute and the Scottish Borders by bringing to life the health impact that community-led health organisations have on individuals and the wider community.

The film tells us about the health benefits of intergenerational work in the **Mearns and Coastal Healthy Living Initiative**; the organisation of community participation for health activity through the **Eyemouth Healthy Living Group**; how the **Pilmeny Development Project** in Leith has transcended cultures and enhanced mental health and well being; and how young people have used **Bute Healthy Living Initiative** as a stepping stone to training and articulating their particular needs, and how the Healthy Living Initiative has developed a social enterprise trading arm.

The film also features some of the CHEX team who talk about CHEX's role in promoting community development approaches and supporting community-led health organisations and their public sector partners in developing and sharing good practice to build the evidence base for community-led health.

We hope you find the film valuable in working with communities on health improvement and in particular the building of asset based and co-production work between public sector providers and community members.

Clips from the film are available on our website (www.chex.org.uk) which links to our [YouTube channel](#). The film is available with or without subtitles. We also have a small number of hard copies available; please contact us if you think this would be useful for your organisation.

For any enquiries relating to the film, please contact olivia@scdc.org.uk