



Community Health and Wellbeing Network Note of meeting

Thursday 6th November, 9.00am – 11.00am
West End Community Centre

Present : Margaret Oliver, **Contact the Elderly in Scotland**; Caroline McGinlay, **Contact the Elderly in Scotland**; Roisin Robertson, **Renfrewshire Council**; Ian Williams; Nicola Hansen, **ROAR – Connections for Life**; Derrick McNally, **Active Communities**; Lesley Compston, **Klas Care**; Sofija Tkacenko, **Renfrewshire Council**; Jeanette Anderson, **Linwood Community Development Trust**; Sally Logan, **Sheltered Housing**; Elaine Fox, **Capability Scotland**; Laura Mullen, **Renfrewshire Community Health Partnership (CHP)**; Susan McDonald, **Active Communities**; Teresa Lavery, **Renfrewshire Council**; Catherine Hughes, **Renfrew Development Trust**; Kenneth McMaster; Anne Keir, **Active Communities**; Diane Goodman, **Renfrewshire Carers Centre**; Gordon Burgess, **Renfrew Development Trust**; Adele Fraser, **Linstone Housing Association**; Kirsty MacKenzie, **Klas Care**; Margaret Cairney, **Renfrewshire Leisure**; Wendy Craig, **Alzheimer Scotland**; Oliver Shields, **Loretto Care**; John White, **Renfrewshire Drug Service**; Dan Kershaw, **NHS GGC (Stop Smoking)**; Stuart Miller, **Engage Renfrewshire**; Flora Henderson, **Thistle Foundation**; Janet Muir, **CHEX**.

Welcome & Introduction

Susan McDonald, Active Communities, welcomed everyone to the meeting and gave a brief update on actions from the last meeting.

- Feelgood Renfrewshire Campaign: 40 new beginners at Jogging Buddies, Feelgood road show took place at Sma' Shot Day, 800 participants at Ralston Community Games & Linwood Community Games, Spring into Fitness programme in Ferguslie, new 'Feel Good About You' course being piloted in Linwood and discussions taken place with Engage Renfrewshire to develop the Community Health Champions programme.
- Older Peoples Network, coordinated by ROAR – Connections for Life launched at the Lagoon Leisure Centre and a volunteer event planned for the New Year.
- Intergenerational 'Train the Trainers' courses delivered in Linwood with 15 participants completing the course. Singing through the Ages, intergenerational choir has developed strong links with Newmains Primary, with residents and pupils performing at The Spree.
- Reshaping Care for Older People area based workshops have taken place to look at developing ideas based on needs / issues raised at Community Planning conferences.
- The last Community Health & Wellbeing thematic board had a paper on the Integrated Care Fund. The fund aims to look at how we can drive the shift towards prevention and strengthen our approach to health inequalities. The paper also highlighted the crucial role of the third sector. With this in mind

Susan invited Shiona Strachan to the Network meeting to talk about the Integrated Care Fund and look at how we could work better together.

Integrated Care Fund

Teresa Lavery, Renfrewshire Council represented Shiona Strachan and gave an update on the Integrated Care Fund.

The Fund builds upon the Reshaping Care of Older People (RCOP) Change Fund (which will continue as planned until April 2015). The new Integrated Care Fund will be accessible to local partnerships to support investment in integrated services for all adults. Funding will support partnerships to focus on prevention, early intervention and care and support for people with complex and multiple conditions, particularly in those areas where multi-morbidity is common in adults under 65, as well as in older people.

The Integrated Care Fund should be used to test and drive a wider set of innovative and preventative approaches in order to reduce future demand, support adults with multi-morbidity and address issues around the inverse care law, where people who most need care are least likely to receive it.

Given that the funding is available for one year, it is important that these approaches are built in to and sustained through the longer term strategic commissioning approach. Central to these approaches must be the shift to support the assets of individuals and communities so that they have greater control over their own lives and capacity for self-management, particularly of multiple conditions. The third sector has a particularly crucial role to play in supporting such an approach.

The use of the Fund must be developed in partnership, primarily between health, social care, housing, third sector, independent sector, people who use support and services and unpaid carers. It should take an inclusive and collaborative local approach that seeks out and fully supports the participation of the full range of stakeholders, particularly the third sector, in the assessment of priorities and delivery of innovative ways to deliver better outcomes

A draft plan with recommendations will be submitted to the Scottish Government by 12th December.

The key recommendations which the council are looking at are:

- Local access points for information
- Local access to the internet with a team of trained volunteers to help people access information or do it for them
- Developing a Community Health Champions Programme
- Falls prevention training being accessed by community organisations
- Developing a learn & share calendar of events
- Looking at options for community transport initiatives

After Teresa's presentation, there was group discussion on the recommendations which we agreed to send to Teresa.

Roisin Robertson shared the Community Health & Wellbeing Thematic Group Action Plan with the group. Susan will forward copies of the plan.

Integrated Care Fund –Group discussion

Information Access Points

- How do those who are isolated or not confident access these info points?
- Encourage the use of peers to support peer group to build confidence and skills in using these portals;
- How do we access family members who may be able to support the information sharing process?
- Intergenerational opportunities;
- Any information shared needs to reflect actual needs rather than perceived needs of the community;
- Make use of the private sector, good example in Linwood, community board in NISA;
- RLL may be introducing a volunteer centre at ON X.
- MIND; Older Adults.
- My Renfrewshire.org & ALISS (community system – health and social care alliance – organisation put on the information. This system is live but at an early stage;
- Health – clinical services review.
- Older persons interface being developed – interface between hospitals and community – at an early stage. Trying to prevent hospital admission if possible
- Community Geriatrician service;
- United for health project in Renfrewshire – looks at long term conditions. Community Health Partnership in Paisley co-ordinates this. Project manager is Janis Kinnaird – Living It Up website.
- Older people may not go to access points; transport is a key factor – only really one bus company with no local interests. Localised mini bus type services would be key. Final costs high.
- Good idea – need careful planning around maintenance / staffing;
- People like paper information to take away with them to refer to – cost;
- Positioning of access points needs to be thought about regarding easy access to support / privacy to research / deal with personal / private matters;
- Need to be positioned throughout the area – transport issues otherwise;
- Key people – link – enable access / support / transport.

Building Community Champions

- Be very clear on the expectations of the volunteer;
- Volunteer contract in place;
- Not used and abused;
- How will they be supported?
- Think of ways of targeting those who would never recognise themselves as a volunteer;

- Effective skills matching.
- Like idea of Community Health Champions;
- What is most important for individuals?
- Importance of consulting locally and testing ways of doing this;
- Organisations need to be 'approved' to mean we feel confident about referring people on;
- Breaking down gender barriers in volunteering – frequently woman volunteer but not men;
- Community Champions need to help older people find info;
- Expectation of volunteers;
- IT can be off putting. Technology can restrict people's lives;
- Good idea / good opportunity to share / utilise own experience;
- People who have cared for relatives – when this stops – have experience of caring – maybe interested in caring for others?
- Confidence building – can do attitude;
- Source of accurate information to inform people;
- Need to look at training needs.

Falls prevention

- Activities and opportunities need to be more linked up to support prevention;
- What else is happening elsewhere, good examples in Perth and Kinross;
- Backward Chaining, develop brief interventions for those who are delivering to older people enabling those who fall to get back on their feet.
- Active Life / activity programmes. (Active Life – referral by GP) Keep costs low. Hydrotherapy.
- Accurate nutritional information (from an early age?)
- Isolation – no one noticing old slippers / turned up carpet / eating well / heating the home enough, etc

Learning shared calendar of events

- Wasn't discussed.

Transport

- More info on existing services.
- Possible access to existing service – local football team subsidised by council – could share this for access points. Services with transport have 'down time'.
- Council used to put volunteers through mini bus driving tests – bring this back. Users could pay minimum charge to cover costs.
- Interested in finding out about / working towards anything sustainable!

Miscellaneous

- Build links between Third Sector and health / social work; i.e. events held locally;

- Difficulty linking in to GP practices
- Centre of Integrative Care based in Glasgow Homeopathic Hospital at Gartnavel Hospital – has courses for staff and service users – NHS Healing Shift Annual Report February 2013
- Health Improvement Service Directory – health service – If you would like to be included in this contact Laura Mullen

Susan thanked everyone for attending and advised that the date of next meeting will be circulated.