

November 2017

North Locality News



your

community PK

An Initiative from Perth and Kinross Health and Social Care Partnership

Launching Your New Locality Newsletter

The North Locality Team is excited to launch this new quarterly newsletter to provide you with an update on what's going on in health and social care in your area. We are keen to share information and stories about the different ways people's Health and Social care needs are being met. We welcome any feedback, suggestions and please join in the conversation! If you want to help shape the newsletter going forward or share your stories, please get in touch.



Blairgowrie and Rattray Community Transport Scheme

This transport scheme is a new service in response to a survey undertaken by One Voice Volunteer Group Association which highlighted the need for a local transport scheme to address the difficulties many people find getting out and about in the local community. The volunteer charity is providing £2 taxi vouchers towards the fare to enable people to get out and about and help improve their quality of life by socialising or attending groups such as the Friendship Café where they can meet friends. The taxi voucher scheme is a pilot project until a volunteer driver scheme can be put in place. The group are working hard to put in place all the necessary policies and procedures and ensuring they comply with Disclosure Scotland. If you would like to register to use the service or know of someone who would benefit please contact getabout@discoverblairgowrie.co.uk for a registration form. The transport service is looking for volunteer drivers for the longer term sustainability of the service. If you can spare a few hours a month, have access to a car then please contact 07484925653

Your Community PK Website

Perth & Kinross Health & Social Care Partnership are working with local groups and organisations to develop the Your Community PK website, an online directory to enable people to access local information across Perth and Kinross to support their health and well being. There are over 500 listings across Perth and Kinross with lots more still to be added. Help us create more easily accessible information by adding your local group/organisation—go to www.yourcommunitypk.org and complete a short form or contact the community engagement team for assistance.

GET IN TOUCH

North Perthshire Community Engagement Team

Highland & Strathmore

Fiona Johnstone—01738 452237 fiona.johnstone@pkavs.org.uk

Carse of Gowrie

Heather Shields—01738 452236 heather.shields@pkavs.org.uk

Supports IJB Public Partners

Susan Bathgate—01738 452235 susan.bathgate@pkavs.org.uk



Fiona



Heather



Susan



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Integrated Joint Board (IJB) Public Partners

Perth & Kinross Integration Joint Board has four public partners. Linda Lennie is the Principal Service User Representative with Sandra Auld as Substitute. Bernie Campbell is Principal Carer Representative with Maureen Summers as Substitute. They have recently been gathering with a body of community members to create a Manifesto for Involvement. This will outline what is needed to help service users, carers and members of communities take a full role in being true partners in care for themselves and people around them.

To get in touch email publicpartnerspkijb@outlook.com or ijbserviceuserreppandk@outlook.com or call 01738 452235



Linda Lennie



Sandra Auld



Bernie Campbell



Maureen Summers



The Madoch Centre—New Church and Community Hub

St Madoes and Kinfauns Parish Church have now opened the new Madoch Centre, a new church and community facility in St Madoes. The £1.5m Madoch centre project has been driven and funded through the efforts of dedicated volunteers and from the congregation. The centre will be multi-purpose and be open every day and provide a place

for community groups to meet. New Projects: S.M.A.S.H—a partnership between community Sports Hub and the church—increasing physical participation, encouraging inclusion and providing opportunities for leadership and training. Contact Anthea Bircham for more details on 01738 861023 or email anthea@madochcentre.com



Rural Wisdom

Based in Aberfeldy and surrounding communities, Rural

Wisdom are a community development and shared learning project that is exploring the impact community based activities can have on older people. The project is currently identifying key local issues that older people feel passionate about and want to take action on.. To get involved contact Jill on 07591203720



Dunkeld and Birnam “Gien a haund”

The group continues to meet to increase local activities to support vulnerable individuals in the local area. They were successful in obtaining funding to purchase heated food containers to allow food being delivered to those who are unable to attend the fortnightly lunch club. Links have been made to the Dunkeld and Birnam Community Council to help support the development of the Emergency Resilience plan. The group is now looking to set up a small befriending scheme. There are now six volunteers recruited to support the pilot. Questionnaires have been developed for individuals and organisations to identify a wider survey of need. Contact Fiona Johnstone.

Your Locality



Health & Social Care staff are now working in locality areas to take into account the needs of different communities in Perth and Kinross and have identified three localities: North Perthshire, Perth City and South Perthshire & Kinross. They are responsible for identifying and addressing local care and support needs. The Locality teams currently meet monthly with health and social care partners to develop local action plans. They are formulating ways to involve interested local community members to contribute meaningfully to developing partnership working and ensuring carer and service users' needs are met.

Does this interest you as a community member? - Contact Community Engagement Team

Key Messages from North Locality Leads:



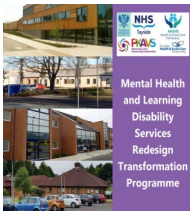
Karyn Sharp—PKC



Amanda Taylor—NHS

Our aim is to improve services for people who need the support of our health and social work teams and to ensure that the people within our communities receive seamless support and can live active, healthy and fulfilling lives in their own homes for as long as possible. We want to give people the information and support they need to manage their own health and wellbeing. Currently we are developing Integrated Care Teams across Localities/Sub Localities. The Integrated Care Teams will ensure better coordination of health and social care for all patients and clients in the locality acting as a coordination point.

Changes to Services—have your say



NHS Mental Health and Learning Disability Transformation Consultation

A recent Public Consultation on Mental Health and Learning Disability Service took place from 3rd July until 3rd October 2017. The consultation website www.taysidementalhealthredesign.scot.nhs.uk is available for people to find out more about the proposed option changes. Feedback from the consultation will be available from January/February 2018.



NHS Surgical Services Consultation

NHS Tayside is proposing to make changes to where surgeons, doctors and nurses deliver some general surgical procedures in Tayside. The proposed changes are to ensure NHS Tayside can continue to provide sustainable, safe, high-quality surgical services into the future. The proposed changes would mean that unscheduled general surgical care would take place at Ninewells, allowing more planned procedures at Perth Royal Infirmary. A public consultation has just been completed. Information can be accessed online via www.transformingsurgery.scot.nhs.uk

Participatory Budgeting (PB)

Local Action Partnerships and the Health and Social Care Partnership have joined together to allocate some of their budget for PB which means local communities will get the chance to decide on where and what the money should be spent on. Applications, criteria and voting details will be published very soon for your area—watch this space.



Dates for your diary



- ◆ Tuesday 28th November 2017—Community Sing, Rattray Connect, Blairgowrie
- ◆ Early 2018— Participatory Budgeting (PB) applications will be available — details to follow
- ◆ Saturday 24th March 2018—Carse Health & Wellbeing Fair, Madoch Centre, St Madoes



Local Health & Wellbeing Groups

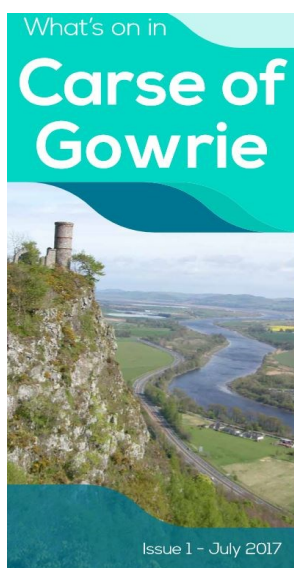
Do you have an interest in Health & Wellbeing and would like to make a difference in your area? Meetings are open to anyone—come along to share your knowledge, experiences, thoughts & ideas to identify local issues around health and wellbeing, finding solutions to ensure people are able to live in their own homes for as long as possible and to have a strong community support network for everyone! Working together as a partnership we have community members, local workers from Social Care, NHS and Third Sector organisations all contributing and will link with Locality Management groups to make communities and services better.

Did You Know?

Good Networks =
Better immunity,
improved sleep pattern,
reduction in stress hormones and
boosting our brain power.
(Ref Dhruv Khullar)

What's Happening in Your Local Health & Wellbeing Group?

Carse of Gowrie



Over the last 6 months the Carse Health & Wellbeing Group have been working to create the first Carse of Gowrie What's On Guide. The guide consists of over 120 community activities along with local community facilities contacts and useful support services. Feedback from Join the Conservation consultation was that information was not always available or easily accessible in the Carse, which led to this guide being created to have a "one stop shop" for information. In order to reach everyone, the group used the Royal Mail Door to Door service which delivered a guide to all 8000 households in the Carse of Gowrie in July this year to help inform people of what is in their local and neighboring villages, encourage people to attend more community activities and to offer support. Work has started to develop issue 2 for the beginning of next year, if you would like to be involved please contact Heather, Community Engagement team.

Carse Wellbeing Workshops

The second round of Wellbeing Workshops will be from 3rd—24th November 2017 each Friday from 10am—12noon at the Madoch Centre in St Madoes. Topics this time round are citizens advice there is help out there, home safety & keeping well, live active leisure chair based exercise and dementia friends. To Book contact Heather on 01738 452236

Participant Feedback from May "Enjoying the whole concept of the workshops in the community"

Carse of Gowrie Community Fair

Date set and plans in motion for Saturday 24th March 2018 at the Madoch Centre in St Madoes. This will be a Health & Wellbeing Carse of Gowrie Community Fair. Would you like to get involved with this project—Contact us!

Highland & Strathmore

Health and Wellbeing Groups have just started to meet for Highland & Strathmore areas, local issues are being looked at, but we would like to get more community members interested and active at these groups—if this interests you please contact Fiona from the Community Engagement Team.

Future Meeting Dates:

Highland

14th December 10.30 am -Atholl Centre Pitlochry

Strathmore

17th Jan 2018—1.30pm— Wisecraft, Blairgowrie

Carse of Gowrie

22nd Nov 12noon—Errol Church Hall