

November 2017

Perth City Locality News



**your**

**community PK**

An Initiative from Perth and Kinross Health and Social Care Partnership

## Launching Your New Locality Newsletter

The Perth City 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 have stories to share, please get in touch.

## Holiday@Home Week

Perth Baptist Church launched their first Holiday@Home week in July this year with 33 participants throughout the week. Holiday@Home is a week filled with activities based either at the church or on the pre-arranged day trips.



This year the bus ventured to Pitlochry Theatre, Falkirk Wheel and Falkland Palace, each day was filled with plenty of laughter, chat and cake (lots of cake!!!). The week is for older people who may not have the opportunity to get away on holiday with others. To promote next years week there will be a Christmas Afternoon Tea on Thursday 14th December 2017 from 2pm—4pm at the Church, places need to be pre-booked please contact Jillian at the church office on 01738 621213

### GET IN TOUCH

Perth City Locality Community Engagement Team

Perth City

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@PKAVSCommunityEngagement



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Susan



Heather

## 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](http://www.yourcommunitypk.org) and complete a short form or contact the community engagement team for assistance.

## 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](mailto:publicpartnerspkijb@outlook.com) or [ijbserviceuserreppandk@outlook.com](mailto:ijbserviceuserreppandk@outlook.com) or call 01738 452235



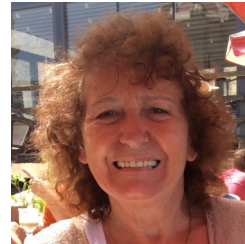
Linda Lennie



Sandra Auld



Bernie Campbell



Maureen Summers

## Craigie - Do you love old photographs?



Would you like to be involved in an event that looks at what used to happen in Craigie and what happens now? A chance to take a trip back in time with music, food and fun! Please get in touch if you would like to be involved in this event.

[susan.bathgate@pkavs.org.uk](mailto:susan.bathgate@pkavs.org.uk) or 01738 452235

## Tulloch Community Lunch

Monday 12:30pm -2pm At the Tulloch Community Centre. Many of those who come into The Community Hub live alone and therefore eat alone. This was something which one of our 'lead participants', Rosie, identified and she decided to organise a Community Lunch. Initially it was planned as a one off, however such was the success that it was decided to host these once a month. Funding secured from Perth & Kinross Council allowed this to be extended to a weekly event which is held in a local community hall. It's simple—Soup, Sandwiches and Friendship—come along.



## Active Futures



### Event “enjoy life to the full”

Saturday 10th February 2018 will be the first Active Futures event held at the Perth Baptist Church. A full day event with presentations on dementia awareness, understanding isolation, mental health awareness and citizens advice. There will also be interactive workshops, fun singing and dance activities, lots of stall holders with information from local community groups and service organisations. Refreshments and light lunch also included. Free and open to all adults.



## Letham Friendship Network

Pop along for coffee and chat every Tuesday from 10.30am-12noon in the Letham Community Hub,

Dalreoch Place (in the former shelter housing lounge). All welcome.

## 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. 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 Perth City Locality Leads:



Kenny Ogilvie—PKC

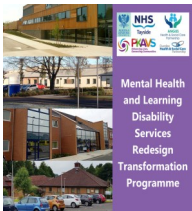


Chris Lamont—NHS

We are currently focusing on the following priorities:

- Work is beginning on forming Integrated Locality Teams in Perth City
- Focus on person centered, positive outcomes for patients, service users and carers
- Make best use of resources – staff, money and premises
- Be flexible in responding to needs so that access to services is improved
- Design services together with all key stakeholders

## Changes to Services—have your say



### NHS Mental Health Transformation Consultation

A recent Public Consultation on Mental Health and Learning Disability Service took place running from 3rd July until 3rd October 2017. The consultation website [www.taysidementalhealthredesign.scot.nhs.uk](http://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

### 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.

## How Does This Work?

This is a proposal to work with local organisations in Perth. Following recent consultations, there seemed to be a clear desire for some more understanding of issues which are undergoing changes or which have changed greatly in a short period of time. This will be a chance to hear an expert speaker, explore issues and ask questions.

A series of 6 topics to help people understand how Health & Social Care is changing is proposed for early 2018. The Community Engagement Team are co-ordinating the events and are happy to take feedback on subjects and the best time of day/locations for delivery. [communityengagement@pkavs.org.uk](mailto:communityengagement@pkavs.org.uk) 01738 567076.

- 1) Understanding Transport - RVS, Access Cars, NHS
- 3) End of Life planning and decision making
- 5) Day in the Life of a GP

- 2) Drugs and Prescribing
- 4) Changes in the delivery of Surgery
- 6) Prepared for an Emergency





## 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. Currently the Perth City Health and Wellbeing group is being developed with the first meeting date to be confirmed, if you would like to be part of this group please contact Susan or Heather from the community engagement team.

## Creative Carers

Are you a carer? Looking to try something new? Feeling bored? Hoping for something you can do at home?

Why not come along and meet other carers looking to learn small crafts! PKAVS Carers Hub have recently received funding from the Carers Trust to set up a carer support group for those interested in meeting other unpaid carers and learning new crafts. The group is free, however, a small donation towards the cost of materials and refreshments is always appreciated. Sessions will take place Wednesday afternoons 1 pm - 3 pm, every fortnight beginning 11th October 2017. Spaces are limited to 12 and are pre-bookable for the whole 6 sessions. To book a place please contact Helen Quinn on 01738 567076 or email [Hel- en.Quinn@pkavs.org.uk](mailto:Hel- en.Quinn@pkavs.org.uk)



## Health & Wellbeing Cafe

The cafe is a weekly gathering where people with Dementia, Parkinson's, MS, brain injuries or anybody who would like support, can be in a safe and welcoming environment with their family, caregivers and friends. Volunteers and health and social care professionals will be on hand each week to provide emotional support, advice/guidance, information and social opportunities for people who drop in to the cafe. The cafe will be open each Wednesday afternoon between 2.00pm - 4.00pm at the Salvation Army Cafe in King Edward Street, Perth. Everyone is welcome to come along, say

hello and have a chat. To find out more please drop into the cafe or contact: Andy Bennett - Tel: 01738 474566 or Diane McLellan - Tel: 01738 476831

### Did You Know

**Good Social Networks =**  
 Better immunity  
 Improved sleep pattern  
 Reduction in stress hormones  
 Boosts our brain power  
 (Ref Dhruv Khullar)

### Why Volunteer?

- ⇒ A way to make new friends
- ⇒ Enhance your CV
- ⇒ Make a difference to the lives of others
- ⇒ Gain confidence and self esteem
- ⇒ Can help with depression and anxiety
- ⇒ Getting to know your local community

## Dates for your diary



- ◆ Thursday 30th November 2017—Adult Learning Conference, Council Chamber, 2 High Street
- ◆ Saturday 10th February 2018—Active Futures Event, Perth Baptist Church
- ◆ Early 2018— Participatory Budgeting (PB) applications will be available — more details to follow