

your

community PK

An Initiative from Perth and Kinross Health and Social Care Partnership

North Perthshire Locality News – Summer 2018

## Highland Update



### Deed For Needs is Changing

Deeds for Needs is the Aberfeldy Community Timebank where people volunteer to help each other round the community. People offer what skills they have to help others and can also ask for help whether it's an extra pair of hands for dog walking or befriending. But it's more than that, it's also a great social activity and there is also a regular drop-in at 10am on Tuesdays at the Watermill where you can meet and have a chat. The Aberfeldy Timebank was set up as part of a Perth & Kinross Association of Voluntary Services (PKAVS) project which has come to an end. So Aberfeldy has become independent and to mark this they're changing their name

to Tay Valley Timebank. They have also employed a Development Worker to help them in this new phase.

If you'd like to get involved contact Lindsey, the Tay Valley Timebank Development Worker on 07507479555 or [deeds4needs@gmail.com](mailto:deeds4needs@gmail.com)

### Happy Highlanders

The Happy Highlanders is a social group which provides support to people living with dementia in the community. There are currently 30 to 40 people attending social events/outings that are arranged throughout the year. During 2017 the group members decided to become a constituted group to allow them to apply for funding through the Strathtay Participatory Budgeting. They were awarded £1,500 to allow them to continue to provide the invaluable peer support activities. This year they have had a Burns Lunch at Birnam, Afternoon Tea at the Black Watch Museum in Perth and Jamesfield Garden Centre, Abernethy. There was a planned trip to Callendar House, Falkirk in June and Afternoon Tea at Pitlochry Festival Theatre in July. For more information contact Margaret Hamilton (Chair) 01796 470 360.



### Screen Memories

#### SCREEN MEMORIES AT THE BIRKS CINEMA

St Johnstone Community Trust team, Screen Memories Scotland and Alzheimer's Scotland have arranged for a number of free tea parties to allow for a group of movie fans with an opportunity to get together for a lively discussion sharing favourite cinema-going and film stories in the comfort of The Birks Cinema café. Dave Black of Saints in the Community

said, "We are pleased to have launched Screen Memories at The Birks Cinema as a venue with a proud history of bringing entertainment to the local community. Judging by the response, these film-related get-togethers will be just as popular in giving people an opportunity to socialise and share their memories."

Inspired by film posters and photos of Hollywood stars, recollections included regular trips 'to the pictures' many at the original Birks Cinema to watch newsreels followed by the hit films of the day. A studio shot of Kirk Douglas revived a memory of meeting him on holiday in France in 1956 where he was staying to attend the wedding of Grace Kelly and Prince Rainier of Monaco. Contact Fiona MacEwan 07990834092

## Stanley Men's Shed

STANLEY & DISTRICT MEN'S SHED has been going for approximately 18 months. We have secured funding twice from Participatory Budgeting to help us get established. In that time we have made ourselves a proper Men's Shed, joining the Scottish Men Shed Association and United Kingdom Men's Shed.

We are a constituted group and become a Registered Charity so we are moving in the right direction. The Men's Shed meets on a weekly basis and have a regular core of Shedders. We have started to visit

CraftFairs to sell our wares and also promote ourselves for more members and it works, the only downside we have at the present time is we cannot get premises but that does not hold us back. So as we say ONWARD and UPWARD. For more information contact: Alex Cockburn Tel. 01738 828606 e-mail [cobystanley@btinternet.com](mailto:cobystanley@btinternet.com)



## Rural Wisdom Summer Gathering 2018

The Rural Wisdom Project supports 5 rural communities in Scotland and Wales to work well for older people. We have hosted several events around Scotland bringing together a range of organisations that support rural residents to live well at home.

In August you are invited to join us at The Big Shed, Tombreck on Wednesday 22nd August to meet other organisations, agencies and activists who are making a difference in rural areas. The day starts at 10.30am with refreshments then flows with discussion and networking through lunch until closing conversations at 4pm.

The aim is to network with others from rural areas, discover what's happening elsewhere and create new ways of working and collaborating.

Please contact Jill Davies on 07591 203720 or email [jill.d@otbds.org](mailto:jill.d@otbds.org) for more information about the day and discuss how we can help you with travel arrangements.

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## Carse of Gowrie Update

### Carse Communities Together

Saturday 24th March 2018 saw the first Carse Communities Together "health and wellbeing fair for all" event which was a huge success held in St Madoes. A total of 25 community groups/services came together to showcase what activities and support are on offer to local communities in the Carse of Gowrie based around health and wellbeing. Over 200 people came through the doors to visit stalls, take part in sports tasters sessions including walking football, netball, chair based exercises and a kids multi sports competition. In addition cooking and gardening demonstrations, along with bouncy castle and play area and lots more were on offer.

The event was organised by the Carse Health and Wellbeing Group who would like to hear your thoughts on this being an annual event and where it could be held next in the Carse - contact Heather 01738 452236

[heather.shields@pkavs.org.uk](mailto:heather.shields@pkavs.org.uk)



### Garden Open for Charity

Errol Park is opening its gardens for the first time this summer and donating the money raised to charity - 50% to local communities groups, including Carse of Gowrie Sustainability Group, Errol's Revive Community Cafe and the Invergowrie Community Café. Dates the garden will be open are 11th, 18th & 25th July from 11am - 4pm with a £5.00 entrance fee and children free for COG Sustainability Group and SGS beneficiaries. Homemade Teas.



## Errol Revive Community Café

Run by local volunteers Errol Revive community café is going from strength to strength. Located in the village hall with on average 20-25 people attending each week on a Wednesday from 1.00pm – 3.00pm, the café is a place for anyone in the community of Errol to meet and socialise. Providing tea/coffee, a pancake and biscuit for a donation of £2.50 per person and from January to March offering soup and a roll for an extra £1.50 donation.

Anne says "Many of the people that come along are widowed or unable to drive/use local buses and appreciate the support the café gives. There is room to increase in capacity by encouraging more people to attend which is the reason for recently moving from the Church to the Village Hall and we know there are many lonely and isolated people that we can help"

Successfully securing PB funding this year will allow the group to increase and provide other services such as transport and a Men's Breakfast group.

Fiona says "since starting in 2014 the group recognises that there is a changing need in the village where some of the residents are now unable to get about as much and we feel by offering the volunteer driver service to/from the café this would help keep people socially connected and improve their wellbeing"

Anne added "It has also been identified that there are no facilities locally for a men only group, so through Revive starting in September on the 2<sup>nd</sup> Saturday of the month we would like to offer a Men's Breakfast Club which will be run by a couple of the men who already attend the community café".

The café welcomes anyone to come along.

## St Madoes Selects distribute £4500 to local groups

A group of 7 community residents got together with St Madoes & Kinfauns Parish Church to run their own local Participatory Budgeting (PB) event with the help of £4500 funded by the Church of Scotland, Go for It Fund and Scottish Government.



Members of the steering group were chosen because they were interested in community benefit, had links to various groups and were of varying ages. In the planning phase the following outcomes were set out:

- Existing and new relationships would develop between organisations.
- Local organisations would feel supported to grow and develop for the benefit of the community.
- The Community Planning Partnership would have opportunity to observe a more local model of PB.
- There would be an increase in number of people from St Madoes engaging in Carse-wide PB process in the future.
- In addition, we would: change perceptions of 'church' as an organisation and have an opportunity to share resources and recently acquired knowledge of funding streams.

15 local groups were approached in person by the Steering Group and encouraged to apply for the funding with 11 completing the application and providing an A4 poster to be displayed during the 10 days of voting. Drop-in sessions were offered to help with completion of the form.

Voting was in person at the Madoch Centre with participants having 3 votes. Voters made positive comments about other groups projects: "It's so hard to decide." "I'm liking the older people's one." Parent of child coming to vote for 'Out of School Club' and "We could have all taken less money so that all the projects were funded." 7 out of the 11 projects received funding from the 406 people voted and were delighted to be able to achieve specific actions for their groups and for the benefit of the community. In addition, funding advice was offered to groups who didn't receive funding. If you would like a full list of successful projects contact [info@madochcentre.com](mailto:info@madochcentre.com)

# Strathmore Update

## Burrleton Lunch Group

We started a community cafe just after Christmas which now operates on Tuesdays from 11.30am - 2.00pm. If you haven't made it along yet then please come and visit us as we'd be glad to see you. We serve homemade soup (with rolls, which are occasionally homemade too) and lovely home baking along with tea and coffee.

There are no charges although we do have a donation basket which you can contribute to if you would like to. Please don't worry about coming on your own as there is always someone to speak to and if you would like transport to get you to the church hall then please contact Susie on 01828 670384.



## Live Active Balance and Strength

balance and mobility issues.

Live Active Leisure Balance and Strength classes are a low intensity level exercise class that are designed to get people moving as well as incorporating exercises that will improve their balance and strength in a relaxed and friendly atmosphere. The class will cater for all of those with

The classes for North Perth & Kinross:

### Monday

Alyth, Airlie Street Hall -10:00 – 10:45 (£2.50)

Birnam Arts Centre -12:00 – 12:45 (£2.50)

Blairgowrie – Adult Resource Centre (Jessie Street)- 14:00 – 15:00 (£3.00)

### Tuesday

Live Active Atholl - @ LiveActive Pitlochry - 12:30 – 13.15 (£2.50)

Fortingall, Molteno Hall 10:15 – 11:00 (£2.50)

### Wednesday

St Madoes, Madoch Centre - 14:30 – 15:15 (£2.50)

### Friday

Amulree Town Hall - 10:00 – 10:45 (£2.50)

For more information please contact Marcin at the Live Active Wellbeing team. Tel: 01738 454650 or [mjluszczyk@liveactive.co.uk](mailto:mjluszczyk@liveactive.co.uk)

## Blairgowrie and Rattray Timebanking

Blairgowrie and Rattray Timebank became an independent constituted group in September 2017. Timebanking is volunteering on a flexible basis but with a twist that people not only give up their time and talents but may receive time back. We also provide drop in facilities and group activities. We were awarded Big Lottery Funding to enable us to pay for administration support and development work. Thus in early March we interviewed and appointed Catriona (Cat) Mackay to provide us with the day to day supports and development.



Cat has quickly taken up the roles both of facilitating the requests for assistance and processing new member's applications. Timebank drop in sessions are run 10am to 11.30am at SCYD on the second Friday of the month and at Community Connect (adjoining Rattray Primary School) on the last Friday of the month in term times. These are opportunities to learn more about Timebank or raise questions about volunteering or for members to ask for exchanges.

If you live in Blairgowrie, Rattray or district and would like to know more or wish to become a member please give us a call on 07761233418.



## "Myths and Legends"

Blairgowrie and Strathmore Day Opportunities service users have been working with The Tayberry Social Enterprise and Occupational Therapists on the "Myths and Legends Project". This is a project to create Sensory Story resources for people with Learning Disabilities or Dementia. Tayberry were able to secure Heritage Lottery funding and over six sessions, service users came up with some wonderful ideas and designs for two stories with local connections, an adaptation of Macbeth and The ghost story of the Green Lady. We hope to have another session in the summer when all the resources are ready so that everyone can view and use the finished stories.

For more information contact Sue Young on 01738 562261

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## North Perthshire Decides!

### North Locality PB Update

The Participatory Budgeting (PB) events have taken place across Perth and Kinross with communities deciding how funding money is spent. Community groups were encouraged to apply for money through the Participatory Budgeting (PB) process run by the local Action Partnerships and Health & Social Care Partnership with the outcome decided by community voting.

Five events were held for North Perthshire in the wards of Strathtay, Blairgowrie and the Glens, Highland and Carse of Gowrie. These took place at Coupar Angus Town Hall, Bankfoot Church, Blairgowrie Town Hall, Madoch Centre, St Madoes and The Tryst in Pitlochry. Voting took place in advance, both online and through ballot boxes available in the community, and community members visited the events on the day itself to vote. This gave applicants a chance to showcase their projects and network with other groups and community members as well as finding out who had successfully received funding.



This year 5131 voters took part in the decision making process, 4041 through ballot boxes located in communities and online, and 1090 in person at one of the events. In total 86 applications were received from local groups across North Perthshire, with 54 groups successfully sharing over £85,000 funding between them.

The groups that secured the most votes in each area were:

Strathtay (Coupar Angus): New Minibus for the Community of Alyth - Alyth Youth Partnership SCIO  
Blairgowrie and the Glens (Blairgowrie): Female Toilets - Blairgowrie and Rattray Community Football Club  
Highland (Bankfoot): Support Lonely People in Rural Perthshire - The Care & Wellbeing Cooperative  
Highland (Pitlochry): Screen Memories: Reconnecting people with Film and TV - Birks Cinema Trust  
Carse of Gowrie (Madoch Centre): Coffee and Connect - Café Connect

Congratulations to those projects and all others who received funding! If you would like to view a full list of funded projects please contact [communityengagement@pkavs.org.uk](mailto:communityengagement@pkavs.org.uk)



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## Additional support available for unpaid carers in Perth and Kinross

New legislation which came into force on April 1st 2018 reinforces the rights of unpaid carers in Perth and Kinross to the support and assistance they need. If you look after someone who is a member of your family or a friend who needs support because they have a disability, an illness, a substance misuse issue or because they are elderly, and you are not paid to do so, you qualify as an unpaid carer. You might help the person you look after in a variety of ways including shopping, collecting medication, cooking, cleaning, providing personal care or helping them to get out and about. It doesn't matter whether you are receiving social welfare benefits such as Carers Allowance or pensions, you'll still qualify as a carer.

You may not describe yourself as a carer, it's just what you do as a husband, wife, partner, parent, relative

or friend. However, the new national legislation - the Carers (Scotland) Act 2016 - ensures that unpaid carers, including young carers, have a right to access a range of support and help to make their lives easier.

Perth and Kinross Health and Social Care Partnership Chief Officer, Robert Packham, explains: "Looking after someone can be a positive experience but at times it can also be challenging and exhausting both physically and emotionally. If you find yourself looking after someone with little or no support it can be isolating and it could have a real impact on your health and other areas of your life. You might find you have little time to look after your own needs. "That's why there is a wide range of information and support available to help unpaid carers in Perth & Kinross. If you are an adult carer you have a right to an Adult Carer Support Plan to help make life easier for you. You can request an assessment from Perth & Kinross Council or PKAVS, who can then help to put your support plan in place. "We will discuss what could make things easier for you in your caring role and what support would be appropriate for you."

Help available can range from:

- Support to address your own health problems
  - A listening ear
- Being put in touch with other carers or support groups
  - Organising a break from caring
  - Complimentary therapies
- The chance to talk through your options help to avoid a crisis
  - Support to get back into work
  - Access to welfare benefits
  - Planning for the future

If you would like more information about what support is available to you as an unpaid carer you can telephone 01738 567076 or visit [www.pkavscarershub.org.uk](http://www.pkavscarershub.org.uk)



## Macmillan Move More

Macmillan Move More offer individually-tailored programmes of physical activity designed to help people with cancer to become, and stay, active at a level that's right for them. That could mean gardening, joining a walking group, taking part in Gentle Movement classes or more traditional supervised gym-based programmes. Move More is about providing opportunities for people to get moving in an enjoyable way that suits their lifestyle. Our walks and gardening sessions cover most localities in Perth and Kinross; please

contact the Move More team for further information.

Our Gym based sessions and circuit sessions are active in:

### **Circuits**

Cornhill Macmillan Centre, Perth - Monday, 11-12

### **Gym based**

Perth leisure pool, Perth - Monday 13.00-14.00 / Tuesday 10.30-11.30 / Thursday 12.00-13.00

### **Gym based**

Blairgowrie, Live Active Blairgowrie - Wednesday 11.45-12.45

### **Gym based**

Aberfeldy, Breadalbane Community Campus - Tuesday 14.45-15.45 / Thursday 14.45-15.45

### **Gym based**

Pitlochry, Live Active Atholl - Friday 10.30-11.30

Before starting the programme consultations must be scheduled to ensure individuals get the most out of the Move More programme. Please contact for further information on joining the programme or for general enquiries please contact the Macmillan Move More Coordinator Declan Jones Tel: 01738 454651 Email: [movemorep&k@liveactive.co.uk](mailto:movemorep&k@liveactive.co.uk) Tel: 01738 454651

# Would you like to help your community?

## Local Health & Wellbeing Groups



There are three local health and wellbeing groups covering North Perthshire meeting every 6 weeks. The groups bring local community members, health and social care staff and third sector representatives together to make a difference by working in partnership and addressing needs/change in local communities. Some of the general themes the wellbeing groups will be looking at are Social Isolation, Transport, Volunteers, Falls, Carers and Early Intervention and Prevention. We would welcome more community members to come along to these groups to participate and have your say for your community. If you are interested in being part of these please come along to our next meeting:

### Carse Group Update

Although there are many themes to look at, it was recognised that the first issue this group want to look at is the need for more volunteers in the area to help support people. It was recognised that it may not be a case of setting up something new but supporting existing organisations to recruit more volunteers - speakers are invited to the July meeting to explore this further.

Next Meeting

8th August 10am - 12noon (venue tbc)

19th September 10am - 12noon (venue tbc)

### Highland Group Update

The group has identified a number of themes they wish to have a discussion on following on from the Social Isolation and Loneliness consultation. Some of these themes include Carers, Physical Wellbeing and Dementia Friendly Communities. At the next meeting in July Donna Murray Trail from the Wellbeing Co-operative will talk about supporting socially isolated people in rural areas ,

Next Meetings:

26th July 2018 (venue TBC)

10th September 2018 - (venue tbc)

### Strathmore Group Update

Following on from the Social Isolation and Loneliness consultation the group is currently organising a Strawberry Tea in Blairgowrie at the end of July. Preparations are underway for a volunteering event in August.

Next meeting:

22nd August 2018 - Wellmeadow Café, SCYD

Contact Community Engagement Team (Heather or Fiona) for more information 01738 452236

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## Update from Locality Leads



### Social Prescriber for North Locality

The Health and Social Care Partnership has recruited three social prescribers. One for the North, South and Perth City localities. The Social Prescribers will help people access appropriate community based supports.

As well as improving the person's quality of life, the role will be working with front line statutory workers such as Social Workers, District Nurses, Occupational Therapists, CPNs and GPs to inform them of community based supports in the area, identify people on their caseloads suitable for community based supports and signpost them where appropriate.

The role will help to increase the numbers of people accessing community based supports in Perth and Kinross. This will help improve outcomes for people, especially those who do not meet the eligibility criteria for statutory supports.

## Carer Support Worker

The partnership has recently seen the appointment of carer support workers uniquely embedded within the PKAVS Carers Hub and allocated across two of our three localities. Their role is to network effectively and work with other agencies and groups to maintain knowledge and awareness of supports available within localities for older people, creating a unique partnership between the Local Authority and PKAVS. They support locality teams in carrying out carer's assessments and reviews, reducing waiting times and allowing locality workers additional capacity. Recruitment is currently ongoing for a North locality worker and we are hopeful that they will be in post by the end of July.

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## Public Partners Update

At the Integrated Joint Board meeting on 22 June 2018 the Board considered a number of proposed changes to the appointment of nonvoting members to the Board.

Previously Bernie Campbell and Maureen Summers (substitute) were appointed to the Board as Carer Representatives until May 2018. Linda Lennie and Sandra Auld (substitute) were also appointed as Service User Representatives until 31 October 2018.

In order to maintain a level of continuity on the Board for the public partners, it was agreed that both Bernie Campbell and Maureen Summers be reappointed in their respective roles for a further year until May 2019. Further proposals regarding the appointment of Service User representatives will be brought to the next meeting of the Board. If you want to get in touch with the



Public Partners please email [publicpartnerspkijb@outlook.com](mailto:publicpartnerspkijb@outlook.com) or Susan Bathgate on 01738 452235 and she will arrange for a representative to contact you.



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## Community Engagement Team Contacts

This quarterly locality newsletter is issued by the community engagement team in partnership with the Health and Social Care Locality Teams.

We welcome any feedback, suggestions and of course your stories for the next edition.

**Highland/Strathtay & Strathmore** - Fiona Johnstone 01738 452237 [fiona.johnstone@pkavs.org.uk](mailto:fiona.johnstone@pkavs.org.uk)

**Carse of Gowrie & Perth City** - Heather Shields 01738 452236 [heather.shields@pkavs.org.uk](mailto:heather.shields@pkavs.org.uk)

**Perth City** - Susan Bathgate 01738 452235 [susan.bathgate@pkavs.org.uk](mailto:susan.bathgate@pkavs.org.uk)

**Strathearn/Strathallan & Kinross-shire** - Christine Grace 01738 452234 [christine.grace@pkavs.org.uk](mailto:christine.grace@pkavs.org.uk)