

your

community PK

An Initiative from Perth and Kinross Health and Social Care Partnership

Perth City Locality Newsletter - Summer 2018

Perth City Update

Personal Footcare in the Community



Footwise is a new community initiative set up through Perth Baptist Church. It provides personal foot care to elderly and disabled people who have no serious underlying medical conditions but are unable to cut their own toenails and/or struggle to afford private podiatry.

The five volunteers running this project have all received instruction from NHS podiatrists with Ruth one of the volunteers said "As a retired district nurse, I know what a difference it can make to people to have their toenails cut regularly, so I'm

delighted to have the opportunity through this project to help people in this way."

Clients purchase their own personal foot care pack for £8.00 including clippers, nail file and record card which you are required to bring to every appointment with an additional cost of £2.00 per foot for each visit. Following on from the first session in June comments from one client expressing her delight afterwards said "It doesn't hurt anymore!" and another later on said "My feet felt wonderful for the rest of the day".

The project has been specifically linked in to run at the same time as the Almond Tree Café at the church also run by volunteers. This allows clients the opportunity to have refreshments and cake prior to or after their appointment to encourage social conversation (small donation for the café).

Footwise will run on the second Friday of every month from 10am - 12noon at the Perth Baptist Church, appointment must be pre-booked. Tel: 01738 621213

Friends Unlimited Network

FUN is for people who have learning disabilities aged 16+ and who want the same opportunities as everyone else. This project aims to help people within their local area come together and meet others with similar interests.

The way to do that is through a lot of social activities and regular events. The project runs monthly events and social activities like: Discos, Karaoke, Meals Out, Theatre, Cinema, Bowling, Games Nights, Arts & Crafts, Bingo, Snooker, Dance, Outings to Sports Matches, trips out and many others.



Members can choose which events they want to attend. There is no pressure to do any activities unless you want to. Members can meet at F.U.N events in a friendly, safe and supportive atmosphere. One member quotes "if it wasn't for FUN I wouldn't be able to go places". For more information contact 01738 472340 or 07747775173 FUN@pkc.gov.uk



Highland House Drug & Alcohol Monday Drop In

Highland House (St Catherine's Road) in Perth will now be opening its doors between 9.00am and 12.00pm to offer Drug & Alcohol Assessments every Monday to support individuals, families and carers with support, assistance and signposting to relevant agencies. Trained staff will be on hand to complete one assessment as well as offer advice, assistance and interventions on Blood Borne Viruses, Harm Reduction and Naloxone.

The team are trained and focus on what you want your Recovery journey to look like and work together to empower you to achieve your target, this assessment will also ensure that the individual doesn't need to repeat their story. To contact Highland House for more information 01738474455 or dasevices@pkc.gov.uk

Scone Group Win Award

Scone and District 50 Plus Group has been recognised at the Age Scotland Awards picking up the Inspiration Award for making a hugely positive contribution to their local community.

The group provide activities and social events for hundreds of people each year, ranging from walking and line dancing to lunch clubs and Scrabble tournaments along with regular outings to local attractions. It was set up 27 years ago and has members ranging in age from their fifties to their nineties reaching out to people at risk of isolation and helping them stay active and make new friends.



Chairwoman Penny Arnott said "I couldn't believe we'd won the award. I was absolutely over the moon. There would be a lot of very lost people in Scone if it wasn't for the Scone 50 Plus Group. We have 13 sub-groups where people can pursue their own particular interests. We also have monthly meetings with talks and entertainment, as well as just a cup of tea and a chat". Visit the website www.scone50plus.co.uk

What is Andysmanclub?

#ANDYSMANCLUB

- Single biggest killer of men under 45 in the UK is suicide
- 42% of men aged between 18 and 45 have contemplated taking their life
- Over 4200 men in 2014 took their own life
- That's 1 man every 2 hours
- IT'S TIME TO CHANGE THIS!

ST. JOHNSTONE FOOTBALL CLUB
 MCDIARMID PARK
 PERTH
 PH1 2SJ
 Every Monday 7PM

JOIN THE CONVERSATION
 @ANDYSMANCLUB #ANDYSMANCLUB ANDYSMANCLUB
 WWW.ANDYSMANCLUB.CO.UK
 INFO@ANDYSMANCLUB.CO.UK

#ITSOKAYTOTALK

Andy Roberts was a loving and doting father, son, brother, grandson, nephew, cousin and friend. He was a great footballer and loved playing with his friends on a weekend and he was an all-round top guy. As a youngster he was known to have frequent run-ins with the law but as an adult he changed and became a polite, caring, funny young man with his whole life ahead of him. He had turned his life around in a way that was staggering to see. His love for his daughter was inspirational and he idolised her but tragically and without any warning Andy was taken from all his family and friends by suicide.

AndyManClub offers men the chance to come together in a safe environment to talk about issues and problems or anything they have faced or are currently facing. There are other men who have been in similar situations and can help with advice on how they have dealt with them. We aim to provide beneficial services and we are looking at bringing in solicitors to advise fathers about seeing their children; running debt management classes for those with gambling addictions or money troubles; anger management classes and even activity sessions such as rugby, football and basketball to walks and fitness classes.

Andymanclub Perth meets every Monday night 7 to 9pm in the Muirton Suite at McDiarmid Park, Perth.



Let's get Crafty

A new craft group now runs on a Wednesday morning 10am -12:00 within the new hall at the Perth North Church. Come along and have coffee and blether, a chance to learn new skills, meet new people and develop your confidence.

The craft group is free to join and if you are crafty already why not bring your own knitting or sewing with you. If you would like more information please contact Caroline Moore on 01738 477028

Centre for Inclusive Living Keep Safe Scheme

The Centre For Inclusive Living Perth and Kinross run the Keep Safe scheme in the area in conjunction with PKC. The scheme was set up to help disabled people feel more confident and safer when going out on their own, individuals can apply for a free card which has their own personalised information on it for them to take out with them, this includes emergency contact details, any information about their disability, pictures to help with communication and any other useful numbers the individual may want.



Recently staff from 9 sheltered housing units completed their training and became part of the scheme which takes the total to 33 venues, these businesses display the Keep Safe logo and if a disabled person needs any help they can go into a participating venue and show their card to receive any assistance they need. This is usually something simple like a glass of water, a seat for a couple of minutes or help with directions.

Individuals who have the card have said that they have felt more confident going out knowing that these venues are there to help even if they have not used them.

You can watch a video about the scheme at <https://www.youtube.com/watch?v=H6hi7XFrFgU>

If you would like to take part in the scheme as a business or an individual you can either contact us at info@cilpk.org.uk or through our website at <http://cilpk.org.uk/our-work/keep-safe-scheme/>

Macmillan Move More in Perth

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:

Gym based

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

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 or movemorepk@liveactive.co.uk

Perth & Kinross Carer's Support Project

Our Service in Tayside was launched in 1992 and provides support to individuals who care for or support people experiencing mental ill health. When we use the word 'carer' we refer to anyone who has a relationship with someone who is experiencing mental health conditions. The services of the project are completely free and confidential.

As part of Support in Mind Scotland's Tayside Service we offer:

- Group sessions and Peer Supports
 - Home visits
 - Telephone support
 - Support via email
- Information and advice on coping strategies
- A range of information about mental health
 - Signposting to other relevant services
- Access to informative speakers on mental health issues

For more information please contact the team on 01738 580899 or Sheila Mackay, Carer Support Worker - smackay@supportinmindscotland.org.uk Julie Maceachan, Carer Support Worker - jmaceachen@supportinmindscotland.org.uk

Participatory Budgeting (PB) The Votes are in!

The Perth City Participatory Budgeting (PB) event took place at the Dewars Centre on Saturday 24th March. 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.

Voting took place in advance both online and through ballot boxes available in the community. The event gave applicants a chance to showcase their projects and network with other groups as well as finding out who had successfully received funding.

This year 2572 voters took part in the decision making process, 802 through ballot boxes located in communities and 1770 online. This is an increase of over 2000 people on last year's events. In total 70 applications were received from local groups across North, South and Central Perth, with 53 groups successfully sharing the £58,000 funding between them.

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

North Perth: Summer Outing for Residents aged 50+ - Fairfield Lunch Club

South Perth: Young Carers Consultation Event - Part of the Carers Awareness Week – PKAVS

Central Perth: Early Years Stay and Play - Perth Autism Support

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





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

Update from Locality Leads



Social Prescriber for Perth

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.

Kenny Ogilvy and Chris Lamont - Perth City Locality Leads



Would you like to help your community?

Local Health & Wellbeing Groups

Perth and Scone local Health and Wellbeing group meets every 6 weeks. The group consists of local community members, health and social care staff and third sector representatives coming together to make a difference by working in partnership to try and address needs and change in the local communities in

Perth and Scone. Lots of themes are being discussed in the group with two being a main focus going forward:

A City Centre type "Hub" place in Perth City Centre, with a vision to create a safe and friendly space for anyone to come along, have a chat, feel part of something or have a sense of belonging by creating somewhere warm and welcoming. It would also provide an opportunity to find local information about community groups and other Health and Social Care services to support people's wellbeing.

An "I've been lonely too" campaign, concentrating on a message to highlight that many people of all ages and backgrounds can be affected by loneliness and showcase a short video of real stories of people's journeys. By creating greater awareness of the detrimental effects loneliness can have on your wellbeing and the positive actions you can take to get through it.

If you have any views or would like to be involved in the above topics please contact Heather (details below).

Next Meeting Date: Tuesday 21st August 3.00pm - 5.00pm

All meetings will be held in PKAVS, The Gateway (The Gallery Room) Contact PKAVS Community Engagement Team (Heather) for more information 01738 452236

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 or Susan Bathgate on 01738 452235 and she will arrange for a representative to contact you.

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 which will be Autumn (September 2018).

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