

your

community PK

An Initiative from Perth and Kinross Health and Social Care Partnership

South Perth & Kinross Locality News - Summer 2018

Andysmanclub

Support for Perth & Kinross Men

Andysmanclub is for any man who is going through or has been through a storm or just wants to come along and meet a good group of people with the aim of helping one another, or just being there to listen! It has proven to be hugely successful, with guys who have hit rock bottom overcoming personal obstacles and becoming support anchors for others in a similar position. Andysmanclub Perth meets every Monday night 7 to 9pm in the Muirton Suite at McDiarmid Park, Perth.



What is Andysmansclub?

AndysManClub 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 such as running debt management classes for those with gambling addictions or money troubles; anger management classes and activity sessions such as rugby, football and basketball to walks and fitness classes.



Live Active Opportunities

The Live Active Wellbeing team offer a wide range of activities for all abilities in the South locality. The structured programmes include GP Activity referral classes, short health walks, pain management classes, walking football and chair-based aerobics. The classes are accessible to all and are aimed to provide improved functional health, positive mental health and improved social interaction, along with many other health benefits. If you would like to find out more and are interested in getting involved with a group or wish to attend one of the classes, please get in touch with Ian on 01738 454629.



Mindspace offers a new counselling service for up to 25 year olds.

Mindspace provides confidential counselling for young people aged 11-25. This is a free service and it is staffed by specially trained counsellors. Anyone aged 11 or over can access the service independently by calling our office on 01738 631639 / 07807 463260 or by emailing info@mindspacepk.com or by accessing the website www.mindspacepk.com

Counselling gives people the opportunity to talk over their situation, to gain a better understanding of their difficulties, and to decide on ways forward. We usually offer up to 12 sessions of counselling. Appointments are available during the day, some early evenings, and on Saturdays.

We offer appointments in our offices in Perth (18-20 York Place). We also offer appointments in the following rural locations: Aberfeldy, Blairgowrie, Crieff, Dunkeld, Kinross and Pitlochry. Previously we were only funded to see young people up to aged 18 in rural areas, but this has recently been expanded to include young people up to the age of 25. We are delighted to be able to expand our service and we invite any local agencies who would like further information or leaflets to please get in touch.

One-stop shop Community Information website for Perth & Kinross

YourCommunityPK is a one-stop online information portal designed to support the health and wellbeing of people in Perth and Kinross - <http://yourcommunitypk.org/>

The website, developed by Perth and Kinross Health and Social Care Partnership, features an extensive directory of local clubs, community organisations, charities, societies, sports activities, care and support agencies, advice and information groups, family activities, child care services, community assets such as parks, town halls and much more.

It aims to give people easy access to information in one place, so they can lead healthy and active lives in their local communities. Information about health and wellbeing consultations and events happening around Perth & Kinross is also available.

We know there are many people who run organisations, social clubs, local community groups, or have an event or an activity they would want to let people know about. These can be submitted as a listing at <http://yourcommunitypk.org/submit-your-listing/>

The website already has over 700 listings in the directory over five different localities under five different categories, this will continue to grow as listings are added.

For more information about the website or the Perth & Kinross Health & Social Care Partnership email enquiries to YourCommunityPK@pkc.gov.uk.



Move More Scotland Opportunities

Move More Scotland is part of Macmillan Cancer Support's national campaign to ensure that people living with cancer are supported to become physically active before, during and after their treatment.



Evidence shows that being active can play a vital role in helping to prevent a recurrence of cancer. It can also slow disease progression as well as reducing the side effects and consequences of cancer treatment, such as fatigue.

The programme of physical activity is individually tailored and consists of 12 free sessions which are 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 supervised gym-based programmes. Move More is about providing opportunities for people to get moving in an enjoyable way that suits their lifestyle.

Move More Perth and Kinross are now proudly part of the campaign and we would like to share what's on offer in your localities.

Gym based sessions and circuit sessions are active in Perth and in Kinross. Walking groups are currently active in Perth, Kinross and Crieff.

These sessions are constantly expanding as are our gardening sessions where we tie in with local community gardening groups.

For further information on joining or for general enquiries please contact a Macmillan Move More Coordinator. Email: movemorepk@liveactive.co.uk Tel: 01738 454651



Additional Support 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



South Locality Participatory Budgeting Events Update

The Participatory Budgeting (PB) events have been taking 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 process run by the local Action Partnerships and Health & Social Care Partnership with the outcome decided by community voting.

Three events were held for Southern Perth & Kinross in the wards of Kinross, Almond & Earn, Strathearn & Strathallan. These took place at Kinross (Kinross), Crieff (Strathearn & Strathallan), and finally Abernethy (Almond & Earn). Voting took place in advance 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 1522 voters took part in the decision making process, 508 in person at one of the events. In total 39 applications were received from local groups across South Perth & Kinross, with 37 groups successfully sharing over £60,000 funding between them.

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

Kinross: Photography Project - Kinross & District Men's Shed

Almond & Earn: Bikes for Play on Pedals - Bridge of Earn Nursery

Strathearn & Strathallan: All-ability Play Equipment - Friends of MacRosty Park

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

Kinross-shire, Almond & Earn Update



Broke Not Broken

Broke Not Broken runs the independent Kinross-shire Food Bank from The Beacon at St Paul's Church every Tuesday and Thursday 10am-2pm. The volunteers distribute food to clients referred by social workers, NHS, schools and other referral agents. Many of the volunteers are also trained to give support with Universal Credit applications, welfare rights, as well as providing a cup of tea and someone to talk to.

Broke Not Broken fund counselling sessions held weekly by a qualified counsellor; support the Recovery Café held by a qualified NHS project worker; facilitated a cookery course with Sainsburys; fund and support various children's extra curricular activities; supply fresh veg and volunteering and skill building opportunities in their Garden project.

The success of the recent cookery course has been threefold: passing on new skills to people; teaching people how to cook healthy meals from scratch on a budget; making new friends and contacts with people in similar circumstances.

Food donations can be dropped off at Kinross Sainsburys, Kinross Co-op, Glenfarg Village Shop and Loch Leven Community Library.

If you would like to volunteer or think you should be a referral agent please contact the secretary. Email: secretary@brokenotbroken.org or Tel: 07518 913 107



Kinross Stride For Life Walking Group

The Stride for Life (SFL) Kinross walking group are pictured here wearing purple and pink in an effort to promote Scottish Dementia Awareness week. The SFL programme has 7 walks which are classed as dementia friendly with the walk leaders undertaking training delivered by Paths for All. The health walk model provides a valuable community asset with the walks delivered in local communities, lasting no more than one hour on generally good flat and firm paths.

The walks are always very social, are free and generally finish with a cuppa and a blether afterwards! if you would like to find out more about the SFL walk programme please contact Colin Melville on 01738 454628 or email camelville@liveactive.co.uk

Better Place to Live Fair 2018

Kinross proved that it really is a "Better Place to Live" at the Fair on Saturday 9th June which was opened by the Loch Leven Pipers and had around 1000 people coming through the door during the day.

The event provided local community clubs, organisations, local businesses and services of Kinross-shire with an opportunity to celebrate community achievements, network, seek new members and volunteers, and showcase what they do, as well as gaining a sense of pride in Kinross-shire. With over 60 groups and small businesses taking part, some of them using the opportunity to raise funds and all of them providing something of interest for those attending.



Children were well catered for with the face painter, a Treasure Hunt and music workshop organised by KYTHE, crafting organised by Lauriston Nursery and S.H.I.P and plenty of games on various stalls. The Scottish Fire Service also provided adults and children with lots of fun whilst learning about home safety. Children had great fun jumping all over the fire engine, splashing fire-fighters with wet sponges and playing with the powerful hoses. The Scots Guards inflatable Assault Course provided amusement and a great opportunity to let off steam. The Kinross AeroSpace Planetarium and the light aircraft which is being built by some of the pupils of Kinross High School attracted a lot of interest from all ages.

The Sports Hub was well represented alongside several of the local sports groups. The Loch Leven Diamonds and Kinross Vaulting Group gave demonstrations throughout the day and there was the chance to try out the Trishaw.

The event highlighted the high level of community activity and services in the Kinross-shire area. Thanks to all the people on the day that provided an amazing range of information stalls, interactive and fun activities. Also a big "thank you" to all the people who helped on the day. The evaluation forms and questionnaires returned showing 99% of stall holder's thought the event proved a great opportunity to see what others do in the area that makes Kinross-shire a Better Place to Live stating that the event should continue on a biennial basis. Organised by KCLD group contact Tracey Ramsay tramsay@pkc.gov.uk 01577 867124.

Cycling Without Age in Kinross-shire

Significant progress has been made with the Cycling Without Age project and an order has been placed for the first trishaw. Delivery time is 6-8 weeks so it should be operational by summer, which is very exciting. The target of £15,000 to fund two trishaws is £415 short, but that is hoped to be remedied by the time of going to press, which will mean the second trishaw will shortly be on order too.



A small management group has been formed and the project is at the stage of formally signing up the pilots to cycle the trishaws. Currently around 30 registered potential pilots have registered and training is being arranged for just before the trishaw arrives. There is still time to register but as soon as possible please.

There will be a second set of training delivered later in the year. Contact Kirsteen Ross: KRoss@liveactive.co.uk 01738 472245

Strathearn & Strathallan Update



Comrie Men's Shed Gets off to a Flying Start

The idea of setting up a Comrie Men's Shed was first discussed at an open meeting at the beginning of this year and since then it has become established as a community group, it is applying to become a SCIO and has found an actual shed. Since its beginning in February there are now over 50 members from all walks of life, age and professions and from all parts of Strathearn and beyond, including Blackford and

Fowlis Wester, Crieff and as far as Killin.

The Men's Shed is a not for profit organisation which aims to support adults over the age of 18 but is geared towards the over 50s, by offering a friendly social environment where they can interact with others and enjoy hobbies with like-minded individuals, teach and learn from each other and offer the support each member needs.

The group are very lucky to have Cultybraggan Camp on the doorstep and have taken possession of a large WW2 Nissen Hut at the camp. The Sheddors have taken on the hut as their first project as it requires major repairs. To date they have completed the entrance and a meeting room, and work on the wood shop, casual seating area and garage is ongoing. Once the hut is repaired the Sheddors plan to work on several community projects in and around the area as well as on members' personal projects. Long term plans include offering access to woodwork, blacksmithing, basic DIY, cottage crafts, IT skills, book clubs, photography, cooking and bird watching amongst others.

The Sheddors will attend the Crieff Community Hospital Open Day, offering games and activities. They will attend the Comrie Fortnight Opening Day and are planning to offer several activities, competitions and games, as well as an annual group construction competition with a trophy.

All are welcome to visit. Hut 65. Cultybraggan Camp, Comrie.

Opening hours: Men: Tuesdays 10-4pm. Women: Wednesday 10-4pm. All welcome on Saturdays 10-4pm Contact: 07493 835 062 E-mail info@comrieshed.org.uk,



Launch of Christians Against Poverty in Crieff: Always Hope

A bold new venture for Crieff Churches is about to unfold in Crieff. Christians Against Poverty (CAP) will soon be offering a free debt counselling and debt management service locally.

CAP works exclusively through the local church and, in Crieff, four churches are formally involved in bringing hope to people in desperate financial straits, namely Crieff Parish Church, St Fillan's Roman Catholic Church, St Serf's and St Columba's Episcopal Churches (acting as one) and the Seventh Day Adventist Church. Angela Hanvey, Debt Centre Manager for CAP Highland Perthshire will be available to help people with unmanageable debt in postcodes in the Crieff area, from the beginning of July.

You may wish to speak to one of the local ministers or call CAP on their free national helpline number 0800 328 0006. Alternatively, check out CAP's website www.capuk.org to find out more about CAP.

Crieff ConneXions

A New Initiative for Crieff



The core idea behind 'Crieff ConneXions' is to create a place of connection: with services, life opportunities, and with other people. This safe space will be anchored and built around a social enterprise community café and a soft play facility. People from every walk of life will be welcome. The project aims to bring together and extend the exciting work which has begun and to provide a community facility where people can have immediate access to support their need.

Some of the activities planned for this space include:

- A Community Café run as a social enterprise engaging volunteers who need skills and help towards employment.
- A Crèche providing informal childcare for families. In the long term services to support families.
- Community listening and counselling.
- Advise and support services as well as access to basic health information.
- School uniform bank and Foodbank.
- The potential for a "men's shed" and a community workshop space.

The project aims to address social inequality, build community capacity and support young people and families in our community. By investing in families we believe that our town will be a better place. This project has developed from the work of Logos Youth Project and Crieff Parish Church. It is our hope that the Crieff community will catch the vision and get involved as the project develops. We are currently looking for accommodation and funding. Express your thoughts by taking our 2min survey [here](#), or at <https://goo.gl/JD95DF>. If you would like further information or would like to get involved, please contact us on admin@crieffconnexions.org.uk



Strathcare Welcomes Bertie 5

Strathcare has, through the exceptional generosity of the people of Strathearn, managed to raise £70,487 to purchase a new minibus - BERTIE 5 - which will continue to provide a vital lifeline to local residents with reduced mobility.

Strathcare, which provides outings for groups with a need for specialised transport, raised funds through numerous events such as coffee mornings and bag packings, it also received donations to enable them to

purchase the 16-seater minibus. The specially adapted bus includes an underfloor passenger lift, climate control and wider seating to provide its occupants with greater comfort.

Bertie 5, which recently embarked its first group of passengers, will take elderly, infirm, and individuals with learning difficulties to various locations from their homes. It supports the weekly Wednesday and Friday Clubs, the Crieff Stroke Support Group, and the RVS Lunch Club. The bus has a monthly run to the local library and a shopping trip to Marks and Spencer in Dunblane. Strathcare also uses Bertie to take care home residents on outings.

Strathcare is a registered charity and a wholly voluntary group which, for nearly 42 years, has been helping people from Crieff and the surrounding Strathearn area. It has 14 volunteer drivers and 26 passenger assistants. If you believe that you could contribute to Strathcare in the form of a donation, volunteer passenger assistant or driver please contact Irwin Keith 01764 652541 or i.keith@btinternet.com

Strathearn Building Bridges

A registered Scottish charity, SCIO No SC048085

A registered Scottish charity since 2013, we're building bridges into a better quality of life for people with learning and other disabilities and their parents and carers.

Our aims are to enhance integration, reduce isolation and raise community awareness. We organise and support a range of sport, leisure and social activities for our members in the Crieff and Strathearn area.

We work in partnership with lots of different local organisations including the Strathearn Community Campus, Live Active, Strathcare, Crieff in Leaf, the Round Table, the Rotary Club and the Soroptimists.

Above all we rely on the support of a brilliant team of local volunteers! We have recently successfully applied to become a Scottish Charitable Incorporated Organisation (SCIO).

To find out more about our extensive programme and to apply for membership please contact the Secretary, Gillian Charleson at gcharleson@btinternet.com



Update from Locality Leads



Lindsey Bailie

South Perthshire & Kinross Health & Social Care Teams are delighted to introduce a social prescribing role to the team. This will offer GPs and their patients an approach for connecting people with non-medical sources of support within the community which are likely to help with health problems and support community connections.

I recently met with the Kinross Health & Wellbeing Group to hear how things were developing and their plans for the future. I also spent a lovely afternoon at the Archway Café in Auchterarder where

I met some inspiring people who reminded me of the caring role that so many people in the locality undertake.

The new Carers Act 2016 has made changes to how we deliver care and support to our unpaid carers and a new Perth & Kinross Carer Strategy is due in 2019. The South Perthshire & Kinross team recognise the vital contribution that you as carers make. Over the coming months the team will focus on how we offer support, advice and get carers involved in a meaningful way.

I am looking forward to visiting more local community groups over the coming months.

If you are a carer and would like more information and support in your caring role this can be found at PKAVS Carers Telephone Support Line tel: 01738 452214 open Monday to Thursday 9am - 6pm and Friday 9am - 5pm.

Lindsey Bailie & Alison Fairlie South Perth & Kinross Locality Managers. Contact Paula Law p.law1@nhs.net or 01738 459558

Would you like to help your community?

Local Health & Wellbeing Groups

The Kinross Health and Wellbeing Group meet every six weeks and is made up of local community members, health and social care staff and third sector representatives. Most recently there have been discussions on care and how best to support local carers, and how to involve the community in supporting local people. Connections have been made between groups such as the Men's Shed and Social Workers for tasks that need done to enable people to stay in their own homes.



We would welcome more community members to come along to participate and have your say for your community. The more community input we have the better we can inform and influence. If you are interested in being part of this friendly group please come along to our next meeting: 21st August and 2nd October 10.00am (venue tbc)

The Crieff Health and Wellbeing Group is just getting underway and we are actively seeking community and third sector members. If you'd like to be part of setting up a group which could have lots to say and do, then please get in touch.

Contact PKAVS Community Engagement team (Christine) for more information 01738 452234

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.

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Perth City - Susan Bathgate 01738 452235 susan.bathgate@pkavs.org.uk

