

your

community PK

An Initiative from Perth and Kinross Health and Social Care Partnership

Perth City Locality Newsletter - Autumn 2018
Perth City & Scone

Don't Miss Out!

Are you reading this Newsletter but didn't receive it directly? It's easy to change that - just click on the link, enter your details and we will email you all three Locality quarterly newsletters. [Sign up Here](#)



Feature Story



"My Story"

In March 2016 I became unwell with flu like symptoms, which were later to be diagnosed as Influenza 'A', which resulted in my being admitted to hospital, firstly to the High Dependency unit and then to Intensive Care as my major organs were beginning to shut down.

At this time I was placed into an induced coma and remained in the coma for a period of 15 days, and during this period my family were told I may not pull through. Fortunately, I have made some slow but ongoing physical recovery.

What I was not prepared for was the impact this event would have on my mental health. Prior to becoming unwell I had a good job which allowed me to help provide for my wife and three children and I had assumed that life would go back to normal after being told by doctors I would be fit enough to go back to work 4-6 weeks after having been discharged from hospital.

4-6 weeks came and went and I was still in the process of recovering physically. During this time I became depressed, suffered severe anxiety and was tortured constantly with vivid flashbacks of nightmarish dreams I had experienced whilst in my coma.

These flashbacks soon took over my life and I became suicidal, I made plans on how I would end my life to escape the constant flashbacks.

At that time I received treatment from NHS Tayside Mental Health Services and was diagnosed with Post Traumatic Stress Disorder, anxiety and depression. I was prescribed psychiatric medication which at that time made little or no difference.

The suicidal thoughts became so intense and left me unable or not allowed to leave my house alone. At this point I received short term help from the home treatment/crisis team in order to keep myself safe from harm, monthly psychiatric consultant appointments, weekly psychiatric nurse appointments and fortnightly psychology appointments. I was forced to give up my job, and went from earning a good wage and providing for my family to living on benefits.

Over the next 12 – 18 months the appointments became less frequent and I no longer see a psychiatric nurse. Around 12 months ago my psychiatric nurse referred me to NHS Move Ahead Mental Health Service and I was allocated a support worker.

I was introduced to my support worker in the general safety of the hospital, and this support has been totally invaluable to me. Initially we started off with some short walks to rebuild my confidence in getting out of the house, and over the past year we have built a terrific therapeutic relationship of trust and understanding. My anxiety has been managed during this time by way of simple weekly planning, and setting weekly activity goals with my ultimate goal becoming a paramedic with the ambulance service.

This was focussed on by my support worker and the team at Move Ahead organising a first aid course for me to attend, which I passed, and although attending a course like this was extremely challenging for me, my confidence is constantly being increased by doing things like simply going for a coffee in town with my support worker, something I would not have been able to do on my own all those months ago.

I am now able to meet my support worker at the end of the road, attend a cooking class which allows me to meet other people similar to myself, and whilst I still suffer from anxiety and suicidal thoughts, having the support of my support worker allows me to believe that things not only have become better with progress having been made, but also that things will improve in time too.

My goal of becoming a paramedic is my main motivation, and in times where my mood becomes particularly low, my support worker is on hand to gently remind me of where I want to be moving forward. Indeed, my main motivation for wanting to become a paramedic is to give something back for all the support I have had since becoming unwell

I am surer now than at any point in the past that I will get better in time, and I simply cannot thank Move Ahead, or more importantly the team behind the name, enough for their continued support and encouragement.

Martin, Perth

If you would like to know more about MoveAhead Support Service contact: 01738 413075. Other support services are also available: Breathing Space – Tel: 800 83 85 87 / Samaritans – Tel: 116123 / NHS24 Tel:111

Welcoming Perth People



Following a 2016 refurbishment of St Matthews Parish Church in Tay Street there are new opportunities to enjoy the building with the promise of more to come. Church volunteers are opening the church between 11am until 3pm Monday to Thursday to welcome locals and visitors to enjoy a coffee and see some of the changes. Beverly Skene, the Facilities and Outreach Manager looks forward to helping find new ways to use the building. An ABBA tribute is being planned, which Minister Scott Burton is particularly excited.

If you have ideas and requests about how to use space at St Matts contact please contact Beverley Tel 01738 636757 or email office@stmatts.org.uk

Letham4All

Letham4All received some good news from the Scottish Government's Community Choices Scotland Fund. Their application for £26,500 pounds to run Our Place, Our Future, Your Choice, a participatory budgeting project, in the community has been successful. This means that much needed funding will be available to support local community groups in the Letham, Tulloch, Fairfield and Double Dykes areas. Local people will have the chance to vote to decide which groups should benefit from the pot of money. Look out for more information about how community groups can apply for a grant of up to £1500 or if you are not part of a group, but have a great idea that would benefit the area and its people, how you can be part of this exciting initiative. To find out more information contact letham4All@gmail.com



Arthritis Group on the Move!



Formerly set up by a community resident of Scone the Arthritis Awareness Group are moving to the Robert Douglas Memorial Hall Institute in Scone from October. The group is to support anyone of any age that has arthritis or knows a family member/friend with the condition. The group meet and socialise together on the first Monday of the month from 7pm – 9pm.

There is a friendly social atmosphere, where you can chat to others, listen to the organised speaker and take part in a raffle. Refreshments and biscuits are provided. Speakers coming along in the near future will be from Macmillan

Cornhill, Fire Home Safety, Travels to India and Music.

A membership fee of £6 per year covers the costs with some fundraising activities throughout the year. If you would like more information about the group or need assistance with transport, contact Evelyn on 01738 551012.



RASAC P&K Equality Awareness Sessions

RASAC P&K (Rape and Sexual Abuse Centre Perth and Kinross) are looking for women and girls to be involved in some informal equality awareness raising sessions who amongst other areas may come from the Letham, Tulloch, Fairfield and Muirton areas of Perth. The project would enable local women to have improved awareness of inequality, sexual violence and the causes and consequences of both. The project

could also offer increased self confidence in having a voice and making positive changes; increased skills which are transferable and increased opportunities to access various RASAC P&K (and other) volunteer and or economic opportunities.

Catriona Scott, Youth Initiative Team Leader said “We believe as a result women will be safer because they will be better able to identify risk and they will know what services are available if required. “Furthermore, our volunteering programme will work towards alleviating social deprivation by providing increased opportunities for women to gain experience and improve their knowledge and skills around gender based violence issues”.

If participants were keen they could then become involved in further training workshops on preventing sexual violence, activism and campaigning which may lead to developing further awareness raising events and campaigns on violence against women and equality issues in their local communities. RASAC PK would provide support for any group of women wishing to do this. For more information or to be involved contact Catriona Scott Tel: 01738 626290 or catriona@rasacpk.org.uk

Community Cooklt

We are delighted to have received £1600 from the Community Cooklt fund to allow us to get the equipment and supplies we need for our cooking classes with the Gypsy/Traveller Community in Perth and Kinross. We conduct monthly surgeries at two of the local sites. These sessions are a great opportunity for the community to branch out in their cooking styles and learn to make healthy and tasty meals. At our most recent surgery at Double Dykes, Perth we made a healthy chickpea salad with a blend of Asian spices. Dina Scott from Perth and Kinross Council also attended, to raise awareness of Self Directed Support. Preparations are underway to start our first surgery in Kinross in October at Loch Leven Community Campus. We will deliver cooking classes every month and invite other services to raise awareness to the Gypsy Traveller Community. For more information contact Samaira Ali samaira.ali@pkavs.org.uk



General Update

Sharing Learning

Currently we have a calendar of great learning and training opportunities, you can find this [here](#). Over the next couple of months we are offering learning opportunities on subjects such as Palliative Care, Sexual Harm, Dementia, Talking mats and Record Keeping, as well as Handling and Moving, Adult Support and Protection and Mental Health Act training among many others. We also are keen to note that it is World Occupational Therapist Day on 27th October!

Our vision is for the best learning experience. We believe all our journeys matter and our mission is to make a difference to people's lives by listening, working together and being creative.

We have a real interest in people and relationships, and exploring potential opportunities around learning where we can work together to make a difference for people who live and work in Perth and Kinross. If you are interested in collaborating to maximise our learning experiences here in Perth and Kinross we would love to hear from you, come and have a chat, give us a call or drop us an email. It would be great for us to hear about learning opportunities you are creating too. We look forward to connecting with you.

The Learning and Development Team – Contact 01738 477828 or email hcctraining@pkc.gov.uk

“The act of real discovery consists not in finding new lands, but in seeing with new eyes” Marcel Proust



£1.2 Million Funding Available!



The Community Investment Fund (CIF) provides £1.2million to community led projects over 2018/19 and 2019/20. It is an opportunity for local people to make an impact on the issues that matter most to them. £50,000 is available to each electoral ward across Perth & Kinross. You can apply for any sum from £3000-£50,000 to fund, or part fund, projects which:

- Tackle inequality in your area.
- Are community led
- Benefit as many people as possible from across the community
- Can be delivered within a set time period, and/or can continue in other ways after CIF funding is used.

Application Dates - 14th September 2018 to 12th October 2018

- * Kinross-shire, Almond & Earn
- * Perth City
- * Strathearn and Strathallan

Application Dates - 12th November 2018 to 15th February 2019

- * Eastern Perthshire (Blairgowrie & The Glens, Strathmore, Carse of Gowrie)
- * Highland and Strathtay

Further information on the Local Action Partnerships and their individual Local Action Plans are available from our [Community Planning](#) pages. Application forms and more details of the [CIF](#) can also be found online. Support for prospective applicants is also available through the Council's local Community Planning staff who can be contacted via the email address above or by calling 01738 475307

Home-Start



Home-Start Perth is a local charity which recruits and trains volunteers to help families with young children throughout Perth & Kinross. Our volunteers, who have parenting experience themselves, support other parents by visiting them in their own homes for a couple of hours each week. Volunteers offer emotional and practical help to families who may be finding it hard to cope, which families find invaluable. We offer volunteers a six week training programme which fully prepares them to work with families. Our next training is due to start on Wednesday 24th October. If you are interested in becoming a volunteer, please call Jill or Fiona on 01738 638847 or email Fiona.angus@homestartperth.org.uk

Transforming Tayside - How you can get involved

Our health and social care services need to change at a much faster pace than they have ever done to make sure they can look after more people in better, more up-to-date ways.

NHS Tayside pledge to clearly, openly and honestly set out the reasons why they must undertake a redesign of the way health and care services are currently delivered and to involve people in helping the delivery of safe, high-quality and sustainable services now and into the future. If you would like to join a Stakeholder Advisory Group which NHS Tayside will consult for feedback and advice on the programme of public engagement or if you have any comments or questions about Transforming Tayside, please email transforming.tayside@nhs.net



You can also sign up for a Transforming Tayside People's Network newsletter by registering at transforming.tayside@nhs.net and you'll be kept up-to-date with information about events that you can come to along with other ways you can get involved and progress being made with our Transforming Tayside plans. More information at can be found at the [Transforming Tayside](#) webpage.

What are Resilient Communities?



They are communities, individuals and organisations harnessing local resources and expertise to help themselves assess and understand risk, take appropriate measures to prevent, prepare for, respond to and recover from emergencies, in a way that supports the community and complements the work of the emergency responders.

A FREE one day Scottish Resilient Communities Conference is being organised by the Scottish Government, this will take place on Tuesday 30th October 2018, from 10am to 3:30pm. It is for anyone with an interest in working collaboratively on building resilient communities. The venue is the Scottish Fire and Rescue Service HQ building at Westburn Drive, Cambuslang, G72 7NA.

A minibus from Perth is being arranged but travel bursaries are also available for community volunteers if you want to make your own way there. If you are interested in attending or getting involved in developing a resilient community in your area contact: John Handling Perth & Kinross Council Emergency Planning Lead, email jhandling@pkc.gov.uk or call 01738 475879

Social Prescriber for Perth

My name is Erin Martin and I have recently started my new post as the Social Prescriber for Perth City and I am really enjoying it so far. I have started my first month in post by building up my knowledge of the vast amount of resources which are available throughout Perth City. I have been meeting members of the community to learn how they see the role of Social Prescriber evolving and liaising with existing groups to see how valuable their work is and how it contributes to their communities.

The main aim of Social Prescribing is to support people to be involved in community based activities with the desired outcome of improving the health and wellbeing of the individual. For example if someone is feeling lonely I can help them find out what groups, for example lunch clubs, are available in their area and give them details on how they can start going. I can take referrals from a number of agencies such as GPs, Social Work and any other health care service but self-referrals are also welcome. I am looking forward to meeting more members of the community and seeing how we can work together in future! If you want to learn more my email address is ErinMartin@pkc.gov.uk and telephone number 01738 475708.



Carers Conference - bookings now open!



We're delighted to invite all carers and professionals working with carers to our annual Carers Conference taking place on Thursday, 22 November 2018, 9.30am – 3.30pm at Dewars Centre, Glover St, Perth PH2 0TH.

The event is organised by PKAVS Carers Hub in partnership with Perth & Kinross Council and Health and Social Care Partnership and aims to celebrate unpaid carers and recognise the vital contribution they make. It is an event with talks and presentations relevant to carers, where issues and challenges they face are put forward and discussed. This year the focus of the conference will be around having a choice, Personalisation and Self-Directed

Support. There will be an opportunity to meet people, network and hear carers speak about their experiences. We have a range of workshops, from mediation and laughter yoga to engaging and informative ones about dealing with chronic pain or making local connections.

To find out more, register your interest in attending or holding a stall please contact Marlena on 01738 567076 or Marlena.Nowaczyk@pkavs.org.uk

Being Prepared

During the Alyth flood in 2015 great efforts were made as the local community worked with services to help save belongings and ensure people were taken care of. The 2018 Beast from the East was alleviated by mammoth efforts as people helped clear roads and help critical staff get to work. On a smaller scale people checked on neighbours and offered help where needed.

Services have plans in place which help them know about people who will need extra help. Those include the Council, NHS and the Fire Service. They also include bodies like electricity and water companies. All of these hold priority listings which help them reach those most in need. If you are a person with such a need or have friends or relatives in this position you might want to explore getting onto one or more priority listings.



Here are some links to some gas and electricity networks which will help illustrate what might be involved.

[SSEN Priority Services](#) [SGN Vulnerable Customers](#) [Scottish Water Additional Support](#)

There are also options where you can have a free home fire safety visit. This helps alert the fire service if you have any specific need it might help them to be aware of in an emergency. They will also help you check out a fire escape plan and fit free smoke alarms if you need them. Call 0800 0371 999 or text 'Fire' to 80800 from your mobile phone. There is also an online option at [Home Safety Fire Visit](#)

Perth & Kinross Community Wardens offer a visit those who may be vulnerable, whether a person has been the victim of a crime, anti-social behaviour or just requires support Safer Community Wardens will ensure that they assist to bring the lives of vulnerable adults back to normality.

Tel: 01738 476173 Email: SCT@pkc.gov.uk

Volunteer Hearing Aid Drop In Clinics



NHS Tayside Audiology & Balance Service have trained volunteers to provide replacement batteries and re-tube ear-moulds at Hearing Aid drop-in clinics across Perth & Kinross. The volunteers can also signpost patients to other support within the localities and arrange appointments at Audiology for those patients requiring additional interventions. Unfortunately volunteers are unable to re-tube open fit aids which have the thin wire with tip in ear.

It is important that hearing aid users bring along their yellow book as this is required to receive batteries.

Samantha Batty, Head of Service NHS Tayside Audiology and Balance Service, said, "We are very pleased that volunteers have taken on this role with the support from the NHS Tayside's audiology team. "With drop-in clinics taking place at various locations across the county it is hoped that hearing aid users will find this service helpful." Perth & Kinross Hearing Aid Drop-in clinics for replacement batteries and re-tubing of moulds are held at the following locations:

Blairgowrie Cottage Hospital, Last Wednesday of every month from 2pm – 4pm

Vision PK, First Wednesday of every month from 10am – 12noon

Auchterarder Library, Second Thursday of every month from 10am – 12noon

Crieff Community Hospital, First Wednesday of every month from 1.30pm – 3.30pm

Kinross- shire Day Centre, First Monday of every month from 11am – 12noon

Willowbank Sheltered Housing, Dunkeld, Third Thursday of every other month from 10am – 12noon.

A Drop – in clinic for Pitlochry and Aberfeldy should be available later in the year, the start date and venue will be widely publicised nearer the time. For more information about this service contact the Audiology Department at Kings Cross Health & Community Care Centre, Clepington Road, Dundee by emailing audiologydundee.tayside@nhs.net or call 01382 596965 or send a TEXT to 07833046858

MyHomeReach App



MyHomeReach is an App which helps encourage independence and reduces social isolation with its extensive features. The App can be personalised to the user's wants and needs. It allows easier and quicker access to online features and local communities information.

Our learners are enjoying this app, here's what they have to say:

"I like how everything I want is in one place"

"I couldn't do this to start with but I'm better at it now" (after 3 months using the app)

"I like the fact this tablet is small and not too heavy I can move it

easy"

"I want to remain independent so I like the idea of what this app can offer me to help me do that"

"Learning how to use this [tablet] has made me more confident using it [MyHomeReach]"

Co-Ordinator comments: "It's nice to see him going from only using the app during our appointments to using it daily on his own"

The fantastic benefits of the App include:

- Loan of a tablet and broadband (where required) for up to 6 months
- One to one digital learning sessions with co-ordinator or group sessions
- Opportunity to gain digital skills and develop digital capabilities
- It's completely FREE to learners for the duration of the project

If you or anyone you know could benefit from this please contact: Danielle Crighton, Learning Co-Ordinator on 07775844885 or dcrighton@lead.org.uk

Locality Leads Update



Following a managerial re-structuring within Health, two Clinical and Professional Team Managers have recently been appointed for Perth City. It is with great delight that we would like to welcome both Sally Forlong and Lindsey Griffin into these roles. Both Sally and Lindsey bring a wealth of experience from their respective clinical backgrounds and will be leading the health teams within the Integrated Care Team model.

The Social Prescriber for Perth City - Erin Martin - is now in post and is working closely with GP's and the Healthy Communities Service.

From the end of November, the Harm reduction/Blood Borne Virus service will be regularly running clinics from within Drumhar Health Centre. This is part of a national agenda to allow easier access for service users and promote earlier screening for Blood Borne Viruses.

Kenny Ogilvy and Chris Lamont - Perth City Locality Leads

Public Partners Update

At its next meeting on 28 September 2018 the Integration Joint Board will consider the following proposed alterations to its membership:

Following the resignation of Helen Mackinnon as the Third Sector Representative, it is proposed that Clare Gallagher be appointed as the Representative, with Sandy Watts as the substitute, until 28 September 2019.

Linda Lennie and Sandra Auld (substitute) have been appointed as Service User Representatives until 31 October 2018.

At the last meeting of this Board on 22 June 2018, Bernie Campbell and Maureen Summers (substitute) were reappointed to the Board as Carer Representatives until May 2019. It is proposed that the Board consider the further appointment of Linda Lennie and Sandra Auld in their respective roles.



If you want to get in touch with the Public Partners please email publicpartnerspkijb@outlook.com or contact Fiona Johnstone on 01738 567076 and she will arrange for a representative to contact you.

Local Health & Wellbeing Networks



The Perth & Scone Health and Wellbeing Network meet every six weeks. The purpose of the Network are to:

- Talk about local issues/gaps that affect your communities
- Meet other like-minded community members
- Work with and meet local health and social care staff
- Share information and knowledge about other groups and or services to distribute in your community
- Make a difference
- General themes that are covered are Social Isolation, Transport, Volunteers, How to Keep Well, Carers, Early Intervention and Prevention

We would welcome more community members to come along to participate and

have your say for your community. What are we working on just now:

"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.

How Does That Work? Events

- Changes with GP and Community Pharmacy
- What happens in an emergency and how to be prepared
- Understanding options for transport
- How does care and support happen
- Technology enabled care

Look out for more information about these events coming soon.

Next Meeting Date:

Tuesday 13th November 3.00pm - 5.00pm at PKAVS, North Methven Street, Perth

Contact PKAVS Community Engagement Team (Heather/Susan) for more information 01738 452236

Your Community PK Website

Find local information on activities in your area at [YourCommunityPK](#)

Put details of your community group activities online for free - [Submit Your Listing Here](#)

Follow us on Facebook and Twitter for news & updates about community events and organisations:

www.facebook.com/YourCommunityPK

www.twitter.com/YourCommunityPK



Tell us Your News!

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/Strathclyde & Strathmore - Fiona Johnstone 01738 452237

fiona.johnstone@pkavs.org.uk

Carse of Gowrie & Perth City - Heather Shields 01738 452236

heather.sheilds@pkavs.org.uk

Perth City - Susan Bathgate 01738 452235

susan.bathgate@pkavs.org.uk

Strathearn/Strathallan & Kinross-shire - Christine Grace 01738 452234

christine.grace@pkavs.org.uk

Visit our Community Engagement Page at [ThirdSectorPK](#) website



Find us on Facebook

[@PKAVSCommunityEngagement](#)

