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Strathearn & Strathallan Update



Crieff Hospital Event

An open day at Crieff Community Hospital on June 30th was very successful with a large turnout from the community ready to consider the large underused space in the hospital and make suggestions about how they thought it might be used. South Locality lead Lindsey Bailie said 'Talking to people has given me different ideas that I wouldn't have had before' Lindsey said she is looking forward to 'thinking about different things we can do together' to improve health and wellbeing locally. All comments will be collated and fed back to the community for discussion.

Volunteering Opportunities with Strathcare

Strathcare is a voluntary organisation serving Crieff and the surrounding Strathearn area for over 40 years. It has been helping people who are less able or just looking for company to enjoy an outing or a trip to the shops or library. Bertie 5, Strathcare's latest wheelchair adapted bus, transports the elderly or less able door-to-door to clubs and other local groups. Further information about the history of Strathcare and its operation can be found on its website www.strathcare.org.uk

The organisation is run by volunteers, mainly as drivers and passenger assistants. Volunteering not only helps others but can offer many benefits for the volunteer. These can be developing personal skills, boosting self-confidence, helping others, meeting new people and being part of a like-minded group. You choose what you want to get from helping: Strathcare for sure needs you!

In particular Strathcare is currently looking for drivers. If you are between 25 and 70, have held a driving licence for the past two years which includes D1 vehicles and have a good sense of humour this could be the opportunity for you. To enhance minibus driving standards and promote the safer operation of Bertie, Strathcare funds MiDAS (Minibus Driver Awareness Scheme) training for its drivers. If you are interested in joining our team, or to find out more about the role, please contact Iain Brown 01764 653078 or email info@strathcare.org.uk www.strathcare.org.uk



Job Club in Strathearn

A new Job Club has started in Strathearn Community Library. Everyone is very welcome to drop in, have a tea or a coffee, chat, share tips and ideas, and get support for all stages of looking for work – putting together CVs, using the computer, developing skills, gaining qualifications and more!

In this informal and friendly drop-in, there will be support available to develop communication and computing skills, build confidence and to find out about work experience, volunteering and further learning opportunities.

There's no need to book. Everybody is welcome to come along to the library between 2pm and 4pm on Tuesday afternoons. The job club will be in the room at the end of the library.

If you have any questions, please contact the library on 01764 657705 or Carol Goodey on 01764 657714 or cgoodey@pkc.gov.uk (Tuesdays and Thursdays).

Comrie and District Men's Shed– A New Exciting Community Development on Your Doorstep



Comrie & District community shed is a large facility based in a historic WW2 Nissen Hut at the Cultybraggan Camp site.

Although based on the national Men's Shed initiative, the Comrie & District Shed has adapted to meet the requirements of the Comrie & District community. We provide an open and friendly meeting place for men and women to socialise, enjoy their hobbies as well as teach and learn new experiences through interaction with each other.

We are a not for profit organisation designed to support all adults 18 and over. We receive support from NHS Tayside and Age Scotland and referrals from Social Services who all acknowledge that there are proven benefits to the health and wellbeing of individuals who become

involved in the activities associated with the Men's Shed initiative.

Please come along to Hut 65, Cultybraggan Camp and find out more about how we can help you develop your particular interests. You can simply come and have a coffee, chat and socialise but you can also create, craft, experiment, socialise, teach & learn. We welcome you to share your hobbies & interests with us. Tuesdays and Saturdays 10am-4pm: Men / Wednesdays: 10am-4pm: Women

Tel: 07493 835062 **E-mail:** info@comrieshed.org.uk

Website: Comrieshed.org.uk

CAP in Crieff

CAP Highland Perthshire are now pleased to be able to offer debt help for people living in the Crieff area. The local Steering Group is up and running and enthusiastic about CAP growing its services for those who need it most. We have been meeting with various organisations and agencies who are supporting people. We have already had a few enquiries from people that we might be able to support to become debt-free and we look forward to hearing from others. We would be pleased to meet with any groups who want to know more about CAP debt-help and if anyone wants some leaflets for their organisation, then please just let us know. Pam Thomson, Community Links Co-ordinator 07387 598804



Legacy Fund Donate to Comrie Cycling



Comrie Cycling Without Age (CCWA) has been allocated £9,120 by the Heinrich Steinmeyer Legacy Fund (set up to benefit elderly people in Comrie) for the purchase and storage of a Trishaw and wheelchair, which will give older people in Comrie the opportunity to enjoy leisure time away from home in the open air. Taking two people at any one time, the Trio Bike uses a well-tested e-power system with a battery range of up to 20 miles fully loaded. The wheelchair will be available on loan to local people who need it on a short-term basis.

CCWA Chairperson, Gillian Brock, said that Comrie Cycling Without Age will provide social time with a friend or carer, social contact with the younger pilot, and a source of much enjoyment to the elderly residents of Comrie, allowing them the freedom to enjoy our beautiful village while being 'chauffeured' around on the new Trishaw. Email gillianbrock@icloud.com

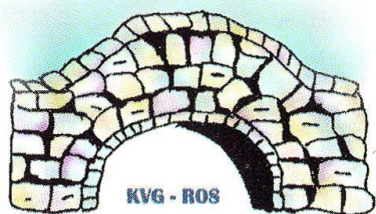
Kinross-shire, Almond & Earn Update

Lower Earn Better Place to Live Fair Saturday October 20th 10am til 1pm

The Better Place to Live Fair at Bridge of Earn Institute is a great opportunity to take part in a local event providing activities for all the family. The event also provides a chance for the community to come together to celebrate what Lower Earn has to offer. It is a fabulous opportunity to see what local groups clubs and organisations can share with their community. There will be hands-on taster sessions, demonstrations, activities and chat. For more information email tramsay@pkc.gov.uk or 01577 867177



Kinross-shire Volunteer Group and Rural Outreach Scheme (KVG&ROS)



The first steps were taken to form KVG&ROS in 1981 when members of the Kinross Parish Church Women's Guild assisted by the local Social Work Department began visiting housebound people in the community.

This was gradually extended to include accompanied trips, and before long a Management Committee was formed and a Constitution drawn up. The group began to expand and in 1987 it was decided that a part-time co-ordinator needed to be employed to handle the daily management of the group.

Since then the charity has continued to grow. At any one time we have a register of approximately 230 users and over 40 volunteer drivers.

We provide a voluntary private car service for residents of Kinross-shire and Glenfarg of any age who require transportation. A door to door service is provided with drivers remaining in attendance at all times and providing assistance where necessary.

Initially all journeys were to medical appointments but now, as there is much more awareness of loneliness and isolation in communities, we have extended our services. We take people to the hairdressers, to visit relatives, to go shopping - anywhere, in fact, that they are not able to go by themselves.

In 2016 all past and present volunteers were invited along to a lunch to celebrate 35 years of service in the community during which we were presented with the Scottish Council for Voluntary Organisation's "Volunteer Friendly" Award by the Provost of Perth & Kinross.

Some numbers to finish with: in the first six months of 2018 we received 1045 requests for transport and our drivers clocked up 20,895 miles. Contact Pauline Watson secretary@kvgandros.org.uk or 01577 862685

Community CookIt

We are delighted to have received £1600 from the Community CookIt 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, 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

IT Support Volunteer (Universal Credit)



Are you a helpful, discreet and organised individual who is passionate about making a difference?

If so, Culture Perth and Kinross (CulturePK) are looking for IT Support Volunteers to offer vital online assistance to individuals to make claims for Universal Credit.

Training and support will be provided in return for a commitment from the volunteers to provide a high level of customer care, impartial IT support and advice, and support of CulturePK 's aims and objectives.

To become an IT Support Volunteer you will possess excellent communication skills, and be comfortable speaking with people of all ages, abilities and backgrounds. You will be confident helping individuals to use computers, and have strong IT skills, including proven experience of using the internet, familiarity with Microsoft Office applications and experience of completing forms. You will also have the time and commitment to support local communities on a regular basis and understand the need for confidentiality and discretion. Working with individuals will be on a pre-booking basis so hours are likely to be flexible and in response to customer demand. Successful candidates may be based at any of the 13 libraries across Perth and Kinross and travel expenses will be paid. To apply for this post, please e-mail jobs@culturepk.org.uk If you would like further information please call Sandra Birse, Senior Officer Libraries on 01577 867154 / 01577 867205.

£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 is 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

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



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](http://TransformingTayside.org.uk) 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

Christmas Carers Dance

PKAVS Carers Hub and Saints in the Community are teaming up again to offer a **Christmas Carers Dance on 3rd December between 2pm – 5pm at Salutation Hotel in Perth.**

The event is free to attend and is aimed at unpaid carers and the people they care for. Live band music, buffet, mince pies and great atmosphere will be provided!

To book your space please contact Marlena on 01738 567076 or Marlena.Nowaczyk@pkavs.org.uk



Social Prescriber for South Perthshire



Marisa Carradice has recently been appointed as a Social Prescriber in Strathearn and Strathallan wards, she is hoping to link in with all the communities in the areas.

Social Prescribing hopes to deliver support to individuals, who do not need Community Care Services, but who would benefit from support to access a range of community based activities and groups to;

- Improve self - management of health and wellbeing
- Improve quality of life
- Increase skills and abilities
- Increase social contact and reduction of social isolation
- Improve mental wellbeing

- Become involved with, and contribute to, local communities

If you would like to find out more about social prescribing and what's available in your community

Contact Marisa Carradice 01764 657823 mcarradice@pkc.gov.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

Tenant & Resident Participation (TRP) – South Perthshire

The Council has a group of tenants who work closely with us by inspecting our services and making suggestions on how we could improve. This group are called the Service User Review and Evaluation Team (SURE Team). They recently scrutinised the way we provided TRP opportunities to our tenants and recommended that we needed to be doing more in the localities. This has led to Kevin Heller starting to work more closely with the South Perthshire locality.



Kevin has attended events in Kinross and Crieff to provide information about TRP and is looking to attend more. He is also going to be available in Loch Leven Library, Kinross between 11.00 am and 12.30 pm and Crieff Registrar's Office between 1.30 pm and 3.00 pm on most Tuesdays, starting on the 2 October 2018 for tenants and local staff to drop in and chat with as necessary. If you need access to Kevin out with these times and venues, please do contact him. Double check availability at...

Visit www.pkc.gov.uk/tenantparticipation for further details of the general TRP work going on.

Contact Kevin on 01738 476239 or at kheller@pkc.gov.uk for more information.

Locality Leads Update



Lindsey Bailie

South Perth & Kinross Locality Manager

Contact Paula Law p.law@nhs.net or 01738 459558

"It has been a busy Summer in South Perthshire & Kinross. Following on from the open day in Crieff we are looking at how we open up the garden to allow local health and wellbeing groups to breathe some life into it!

In Kinross the partnership continues to work with local charity Broke not Broken to realise their vision of a community Hub, I look forward to visiting it when it's up and running. Working with the Lower Earn Community Council, community representatives and NHS Tayside we are undertaking engagement with local people around the health and wellbeing needs of those living in Lower Earn. This will feed into NHS Tayside who are supporting the GP services in Bridge of Earn, so please let us know your views!"

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 Kinross Health & Wellbeing Network meets every 6 weeks. The purpose of these Networks is 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. 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 get in touch.

The next meetings will be 13th November / 18th December / 5th February from 10am – 11.30am at the Loch Leven Community Campus

The Crieff Health and Wellbeing Network 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

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

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



Find us on Facebook

[@PKAVSCommunityEngagement](#)

