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community PK

An Initiative from Perth and Kinross Health and Social Care Partnership

North Perthshire Locality Newsletter – Winter 2019

Highland Perthshire, Blairgowrie & The Glens, Strathmore, Carse of Gowrie

Don't Miss Out!

Are you reading this Newsletter but didn't receive it directly? It's easy to change that - to receive all three Locality Newsletters by email you can sign up by going to our community engagement page at www.thirdsectorpk.org.uk or our Facebook Page @PKAVSCommunityEngagement. Alternatively please contact us on 01738 452236.



Highland Update

Pitlochry Refugee Support



In October 2015 a group of people gathered around Pitlochry War Memorial and held a candlelit vigil as part of the '1,000 before Christmas' campaign. The original group has grown to over 50 people from all over Highland Perthshire. There is a huge amount of good will and a willingness to do whatever it takes to welcome and help refugees who come to Scotland. We have raised thousands of pounds for Medecins sans Frontieres and the British Red Cross.

We have collected donations, clothing and other items to be sent to refugee camps in Greece and Lebanon through our friends at Dundee the Caring City and Edinburgh Direct Aid. One of our earlier efforts was working with local school children, who collected soft toys for Project Hummingbird. When refugee families came to Perth, our group provided backpacks for the children of school age and toys for their first Christmas. We have collected basic essentials to furnish the flats for the three families who are now settled in Perth and are ready to do the same for a fourth family who are due to arrive soon.

We remain committed and willing to support the efforts of the council. We have also discussed community sponsorship as a way to bring refugee families to Pitlochry in the future. Our most recent effort was a thrift shop in Aberfeldy at the beginning of November. It was very successful as a result of the tremendous response from local people, who donated items to sell and winter clothing to be sent to Edinburgh Direct Aid for containers bound for Aarsal refugee camp in Lebanon. We sent cheques for £465.00 to the Scottish Refugee Council and to the Safe Passage Campaign and two car loads of winter clothing to EDA with donations totaling £580.

For further information, contact: ruthalexander71@hotmail.com

Christmas Hampers Delivered

The Christians against Poverty project in Highland Perthshire made up and delivered over 20 Christmas Hampers to local clients in December 2018. We were overwhelmed by the donations from churches, foodbanks and individuals towards the hampers this year, but this meant that we were able to ensure that all of our clients received a large hamper full of all the things they would need for a lovely Christmas.



This was a huge effort from all our volunteers and supporters and meant that Christmas was made just that bit more special for our debt clients who have all faced a difficult year!

The Care and Wellbeing Co-op



The Care and Wellbeing Co-operative provides care and support to people in Highland Perthshire. Members of the Co-operative are also committed to improving wellbeing and helping to reduce loneliness in rural communities. A recent grant from the SSE Griffin and Calliachar Community Fund will allow members to support people who may be socially isolated.

One in ten of the population in Scotland reported feeling lonely and we may know someone locally who is isolated or lacks the support to make social connections or to attend community events. We can all play a role in helping make kinder communities but this fund will enable Care and Wellbeing members with particular skills to support people over a period of time. By building trust and finding out what matters most to people who are isolated members can then help build confidence and connect people. This could be going with someone to a community activity, helping them to volunteer or learn a new skill, keeping mobile and active, enjoying the outdoors, being creative or simply sharing a bowl of soup.

If you would like to find out more about the work of The Care and Wellbeing Co-operative or to talk to us about someone you know who may be lonely or isolated please contact Heather 07495 953057 or Gillian 07925 367204 or email hello@thecareandwellbeing.coop

One Stop Shop for Transport

The Tay Valley Timebank have agreed to take a transport group under their wing to serve the rural areas of Highland Perthshire (West of the A9). The new transport initiative will have information about the buses and other transport options for the area and contacts to help. The One Stop Shop will also work with businesses and volunteer car drivers to match them with requests for transport.



If you would like to get involved or know of a business who would like to help, please get in touch with me. If you would like to become a volunteer minibus driver but currently haven't got the training, perhaps I could help. Please give me a phone.

Many small communities in rural Perthshire are resilient and usually able to support their neighbours with transport. However, it is good to keep in touch with what is available in other areas, so again, please get in touch for a chat.

The No. 91 rural bus service covering Aberfeldy and the surrounding area and the town bus service are being reviewed with a proposed new timetable to be consulted early 2019. The Public Transport Unit would like to hear from you on the new proposals when they come out. Further details to follow.

Jill Davies, Rural Wisdom Project, Mobile: 07591 203720 Email: jill.d@otbds.org www.ruralwisdom.org

Highland & Strathtay Food & Health Festival



Highland and Strathtay Food and Health Festival 2019 is being organised to highlight the work which is currently being done in the area towards improving health, wellbeing, social connectivity and reducing social isolation. This festival is being organised in partnership with PKC Communities Team, PKAVS Community Engagement, NHS Healthy Communities and Live Active Leisure. The festival week will run from 18th – 24th March and we will be producing a programme to promote the events which are happening across the area during this week. We would like as many groups as possible to advertise their activities during the festival.

Anything that brings people together - lunch groups, knitting, gardening or even just getting together for a chat..... we would love to hear from you!

If your group is open to new members joining your usual activities or you would be interested in putting on an open-session to invite people to hear more about what the group does, please contact us on DunkeldComlearn@pkc.gov.uk

West Stormont Woodland Group



West Stormont was the name used in medieval times to cover the parishes of Auchtergaven, Kinclaven, Logiealmond, Moneydie, Redgorton (Stanley) and the Murthly portion of Little Dunkeld. West Stormont has been chosen as the most suitably inclusive title for the many communities connected to Taymount and Five Mile Woods today.

West Stormont Woodland Group (WSWG) would like you to support community ownership of Taymount and Five Mile Woods. In June 2018, Forestry Commission Scotland, who own the woods, publicly indicated their intention to sell both woods.

Under the Community Empowerment (Scotland) Act 2015, communities must be offered first refusal before the woods are put on the open market. An expression of interest from the local community was accepted on 19 July 2018. The Community Asset Transfer Scheme (CATS) process is now underway (September 2018).

It is expected to take 12-18 months before WSWG is invited to make an offer. WSWG looks forward to lots of community feedback and input during this time.

Need inspired? Go to <http://www.communitywoods.org> to see what amazing things are being done with local woods in 200 other communities across Scotland. It's brilliant.

West Stormont Woodland Group Facebook page:  *Look us up!*

Carse of Gowrie Update

Madoch Meet Up

Madoch Meet-up is a new group for people with a diagnosis of dementia, Alzheimer's or other memory loss difficulties, and their friends or carers in the Carse of Gowrie area. The group meets on a Thursday from 2pm to 3.30pm in the Madoch Centre, St Madoes. The Madoch Centre's drop-in facility led to an awareness that there were folk in the area who were struggling with memory loss and that there was a need for a social group to bring people together.



Around 16 to 20 people meet each week and we have a simple programme of coffee, tea, cake and chat. We then either continue to chat, or the more active among us play table tennis, Boccia or board games. We have also taken a trip down memory lane with a slide show of old TV shows, played games with some of the local primary school children, enjoyed Christmas music with 'The Inspiration Orchestra' and even 'tackled' walking football.

We are a friendly group and always happy to welcome new people along. Anthea co-ordinator at the centre said "I personally have found it an absolute privilege to get to know the folk who come along to Madoch Meet Up". For more information contact Anthea Tel;01738 861023 or email info@madochcentre.com

Strathmore Update

Festive Friendship Lunch



On Sunday 16th December 2018, the Strathmore Social Work Team and Strathmore Day Opportunities held a festive friendship lunch for 36 local people at the Blairgowrie Day Opportunities Building in Jessie Street, Blairgowrie. Guests were treated to a delicious three course lunch followed by coffee, homemade fudge, Christmas cake and mince pies. Fundraising for the event started several weeks beforehand and some local businesses also generously provided fresh produce and vouchers to be used towards the meal. Preparation on the morning of the lunch started early with 14 volunteers (including 9 members of staff who gave up their day off to help) clearing snow in the car park, preparing lunch and setting tables. Transport was provided for guests who required it and all guests enjoyed the lunch, musical entertainment and singalong and a surprise visit from Santa who had a present for each guest. Volunteers ensured that everyone got home safely after the lunch and we were very grateful to Councillor Shiers and Santa for helping with the dishes.

Community Connections



The Strathmore Centre for Youth Development (SCYD) has been awarded £108,787 from the Big Lottery Fund, with the money to be used to develop a programme of activities to look into social isolation and loneliness over the next three years.

Loneliness has emerged as a growing public health problem across the country, with older people in rural areas particularly badly affected. The UK Government recently created a ministerial position aimed at specifically tackling loneliness and mental health issues among the elderly.

Members of the SCYD, based at Wellmeadow House, Gas Brae, Blairgowrie, are delighted to receive the funding and a spokesperson underlined how the money will be used to help elderly residents who suffer from isolation and loneliness.

Ashleigh said:- "SCYD is delighted to have been awarded the funding to develop our community connections project. Through this project we will be delivering a full and busy programme offering a variety of inclusive, community-led activities and events. Community consultations will be undertaken to identify gaps in provision which may be contributing to isolation and loneliness."

Ashleigh continued:- "Working in partnership with other local groups and organisations, our aim is to fill these gaps with meaningful, social opportunities. We hope to help develop support networks and sustainable activities that will contribute to the community's capacity and ability to support the most vulnerable. This will enable us to further establish Wellmeadow House as a community hub."

Ashleigh can be contacted on Tel: 01250 872 121

Keeping Coupar Angus Active

Getting involved in something new can be a big step but it is always worth it. There are loads of things happening here and in most of the villages and towns in east Perthshire. The more outdoor activities tend to gravitate indoors in the winter months - but not always. The Santa's on bikes were out again in Coupar Angus for another attempt at setting the world record for a Santathon. While in the evenings there are ceilidh and Scottish Country dancing classes to choose from, as well as Zumba and ballroom.



If curling on real ice is not your thing then you could join the New Age Curlers who curl on special flooring in the cosy Town Hall - and if you need a lift, a taxi will pick you up from your door. Later on in the week the Thursday friends meet for some entertainment, a blether and some lovely home baking. As we look past Christmas and New Year to the spring we hope the snowdrops will be out in abundance for the annual snowdrop festival. There are almost two weeks of events lined up for February 2019. The snowdrops last a lot longer than the two weeks but it's always a bit of a gamble as to whether they will be covered in two feet of snow for the actual festival.

We are making plans for the growing season in the community gardens and woodland and always welcome extra pairs of hands,- as we start sowing in February and March. The guys in the Make a Difference squad are having a short break at present but will be out and about clearing the Coupar Burn, storing away the Christmas lights, moving greenhouses, having their coffee and chat at 11am and the like quite soon.

All in all a lot happens in our wee town and everyone is most welcome to come and join in with us - why not give it a try. To find out more contact Wendy McCombes w.mccombes@btopenworld.com

Your Community PK Website



Find local information on activities in your area at www.yourcommunitypk.org

Add details of your community group activities online for free –by submitting your listing.

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

www.facebook.com/YourCommunityPK

www.twitter.com/YourCommunityPK

Creative Care Project

As the demand for social care in rural communities increases more and more people are considering how they can help. Maybe you are already a good neighbour, a helpful volunteer, or an unpaid carer or are considering becoming self-employed to help increase the range of care and support available to those in need.

Some people may have direct experience of providing care and support, where others may have a particular skill or activity, they think may improve the lives of people in their local community. Some may want to set up a business on full time whilst others may be balancing other jobs too.



GrowBiz is keen to help people to make that step and to understand the barriers and opportunities within the local social care marketplace and also how best to develop your business idea.

Whether you're an expert or want to move into this field, it would be great to meet you and together explore how Creative Care can best help you on your journey

Further information contact Donna Murray Trail: 07917 773655 donna@growbiz.co.uk or Brenda Roddy: 07932 193247 Brenda@growbiz.co.uk

General Update

Perth Soroptimist and Thrifty One Shop help Starter Packs in Perth



Starter Packs in Perth were delighted to receive curtains, bedding, crockery and cutlery from the Thrifty One Shop in Alyth via Perth Soroptimist Jean Campbell (seen on left of photograph with two Starter Pack Volunteers). Good quality household items which have not been sold in Thrifty One are warmly welcomed by Starter Packs who help the homeless and people in need throughout Perthshire. It is an independent charity that relies on the support of individuals, local churches and organisations including CATH, to provide a basic selection of small household items to help improve the living conditions of newly rehoused individuals and families in Perthshire, who are in difficult social and economic circumstances.

Items in a Starter Pack include duvets, duvet covers, sheets, pillowcases, towels, curtains, pots and pans, crockery and cutlery. If you wish to donate any of these items, recycle them in good condition to Starter Packs on Friday mornings 10am – 12noon at Unit 22, Riverview Business Park, Friarton Rd, Perth, PH2 8DF.

PKAVS Self-Directed Support Project

Do you support a parent, partner, child, sibling or friend as a result of their illness, condition or disability? If so, you are an unpaid Carer. PKAVS Carers Hub supports Young Carers (age 5-15), Young Adult Carers (age 16-25) and Adult Carers (age 26+). PKAVS have recently received funding from the Scottish Government's Support in the Right Direction programme, managed by Inspiring Scotland to launch PKAVS Self-Directed Support Project.

PKAVS Self-Directed Support project helps unpaid Carers who live in Perth and Kinross access the social care and support which best fits their needs and the person they support. Our project wants to ensure that:

- Carers know about and understand Self-Directed Support and options for social care
- Carers feel more informed, listened to and less stressed about the process
- Carers are more prepared and confident to engage with Self-Directed Support and social care

We will provide information on the local Self-Directed Support process and help Carers establish their own personal outcomes, as well as providing information on what is available in the community.

If you are an unpaid Carer and would like to find out more about Self-Directed Support and social care options please contact Billy Morrison, PKAVS Self-Directed Support Worker on: 01738 567076 or billy.morrison@pkavs.org.uk You can also visit our website: www.pkavscarershub.org.uk/PKAVS-Self-Directed-Support-Project



Do you support a person with dementia?

Free education opportunities for family carers and volunteers are available through a one day workshop. Each event provides practical up to date advice and information which draws on research and knowledge developed over the last 25 years in the field of dementia.

The free event aims to provide family carers and volunteers with hints and tips that can support them in their caring role. It is being held on Tuesday 12th March 2019 11am - 3pm PKAVS, The Gateway North

Methven Street Perth. To find out more and book a place, contact: Marlana, PKAVS 01738 567076 or email Marlena.Nowaczyk@pkavs.org.uk



Short Breaks Services Statement



In December 2018, Perth and Kinross Health and Social Care Partnership (P&KHSCP) published the first Short Breaks Services Statement. The partnership was set up to improve the way Health and Social Care services were provided in Perth & Kinross. They appreciate the important contribution that unpaid carers of all ages make to the lives of people they care for and believe that providing regular breaks will help carers sustain their caring role and enable them to have a life alongside caring.

The partnership have a responsibility to provide carers with some information about short breaks and the recently published Short Breaks Services Statement is a guide to

help carers and the people they support understand:

- Why the statement was developed;
- What short breaks are;
- What kinds of short breaks are available in Perth & Kinross and across Scotland;
- How to get a short break and how to choose the support you need;
- About Adult Carer Support Plans and Young Carer Statements;
- Where to get further information.

If you would like to read the statement in full please visit: www.pkavscarershut.org.uk/ShortBreaks-Services-Statement or <http://www.pkc.gov.uk/article/14241/Short-breaks-for-carers> to download your own copy.

If you do not have access to the internet and would like a copy sent out in the post, please contact PKAVS Carers Hub to arrange this Tel: 01738 567076.

Time4Me Fund

PKAVS Carers Hub has been awarded funding from Shared Care Scotland's (SCS) to continue the Time4Me Fund. The Hub has also been awarded funding from Perth & Kinross Council (PKC) towards the Time4Me Fund to bolster the reach and help encourage carers living in the more remote and rural areas of Perth & Kinross to access short break funding.

The purpose of the Time4Me Fund is to help encourage unpaid carers to consider a break that will help sustain their caring role and enable them to have a life alongside caring. We support carers to think creatively about what a break means to them. This may include things such as breaks away from home either alone or with the person you care for, a season ticket for your favourite football team, spa day, or even a greenhouse to help pursue a hobby! Eligible carers can submit a short application for a grant of up to £250 to help make their break a reality.



This is the fourth consecutive year the Time4Me Fund has been open to carers and we are keen to make all unpaid carers across Perth & Kinross aware of this opportunity. If you are an unpaid carer or work with unpaid carers please get in touch with Marthe Handling the Respite Development Officer at PKAVS Cares Hub to find out more about how to apply. Marthe can be contacted on 01738 567076 or you can email her a question – Marthe.Handling@pkavs.org.uk www.pkavscarershut.org.uk

Locality Leads Update

Hello and welcome to the North Locality Winter edition from both Karyn and Amanda. We continue to see and hear about so many positive impacts and developments being made in the North Locality from community connections developing further, to celebratory events and local learning. The focus continues on Winter Planning and the teams are well prepared for adverse weather and business continuity while continuing to support our vulnerable groups at home.



Our ongoing priority is to ensure communities remain resilient during any difficult weather periods. We continue to develop our locality infrastructure around our Integrated Care Team approach. This vibrant work will continue to evolve. We are developing the Aberfeldy Model of Care, Enhanced Community Support and commencing a Test of Change around Respiratory Tele-health to support people at home and prevent admission to hospital where possible. We will continue to share the learning from this project as it develops.

Amanda Taylor & Karyn Sharp - North Locality Leads

Carers Voice – have your say!



We are a Carer's Participation group which aims to involve carers in decisions on matters that affect their lives and the lives of those they care for. We are very keen to increase our membership base and we need your input to ensure that we maintain a current, accurate and well informed understanding of all of

the issues affecting unpaid Carers in the Perth and Kinross area.

The group's aim is to discuss possible solutions to issues raised by carers and feed back to local service providers. We are already well placed to raise awareness of the problems facing carers with representatives of our group attending the Integrated Joint Board, Carers Strategy and Strategic Planning Group meetings.

We understand being a full time carer is a very demanding and time consuming role and that many carers may feel that they don't have time to attend our meetings but that does not mean that they should not have an opportunity to make their views known. With that in mind we have established our own Email address in order to create an easy method for all carers to feed back their views on existing carer services and any suggestions for improvements going forward.

The larger our membership base the more we can claim to be truly representative of the local caring community and have a greater credibility and influence when speaking to all official bodies.

Please email to register for your free membership carers.Voice@pkavs.org.uk or Tel: 07856660898

Meet Lori

Hello and Happy New Year! I hope an appropriate time for introductions and new beginnings . . . My name is Lori and I am the new Partnership and Engagement Manager at PKAVS, leading the team responsible for delivering the Third Sector Interface (TSI) function. Our team believes in the potential of local communities to drive positive change. The people of Perth and Kinross have lived experience, opinions and ideas to create a fairer place for all who live and work here. Having a flourishing third sector is key to enabling that to happen.



Our role at the TSI is to support and empower local community groups, voluntary organisations and social enterprises to deal with challenges and opportunities they face such as fundraising and governance. We are also here to connect the third sector and the communities they serve to community planning - making sure voices of real people are heard at local and national levels. Promotion of volunteering and support for volunteer involving organisations is also an important part of what we do.

This year, we hope to relaunch our volunteer service and facilitate increased collaboration and partnership working. We cannot do this alone. If you are interested in working with us or if you want to find out more about the work we do and how we could support your community or organisation then please get in touch on Lori.Hughes@pkavs.org.uk or call 01738567076. Also, look out for our e-bulletin to keep up to date with what is happening across the sector.



Don't Forget Community Investment Fund (CIF) Closes 15th February

For information and application forms go to www.pkc.gov.uk/cif or contact PKC on 01738 475307

Public Partners Update

We as the Public Partners have been busy over the past three months. We continue to attend the Integrated Joint Board (IJB), have been heavily involved in the Mental Health Re-design and the Independent Enquiry into Mental Health Services in Tayside. We have also commented on the draft Short Break Statement.

Service Users and Carers views have been welcomed and reflected in the various discussions. Meetings have now been set up with Dr Robert Peat, Chair of the Integrated Joint Board and the Chief Officer of the HSCP, Robert Packham. This has been a positive move to allow us to gain a greater understanding of the partnership and the role of the Public Partners in this.

Our plans for 2019 are to provide opportunities for people (from all of Perth and Kinross) to come together to help create a Reference Group to allow the Public Partners to share what is happening within Perth and Kinross Health and Social Care Partnership. We want to hear what you think on what is happening. Dates for this will be coming out soon for the meeting to be held early March 2019.

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



Local Health & Wellbeing Networks



There are three local health and wellbeing Networks covering North Perthshire meeting every six weeks. The purpose of these Networks is to:

- Talk about local issues/gaps that affect your communities
- Meet other likeminded community members
- Work with and meet local health and social care staff
- Share information and knowledge about other groups and or services to circulate in your community
- Make a difference
- We welcome any community members to come along and join the networks

Highland Health and Wellbeing Network: At the last meeting we heard about the work that is being done around Aberfeldy in developing a Dementia Friendly Community. We will hear through the Network how this work is progressing in the coming months. The next two meetings of the Highland Perthshire Health and Wellbeing Network are: Thursday 31st January 2019 at 11am and Thursday 14th March 2019 at 11am at the Mid Atholl Hall Ballinluig.

Strathmore Health and Wellbeing Network: The group identified key themes at the last meeting which they would like to look at through 2019. These include volunteering, befriending, transport and community connections. The next two meeting of the Strathmore Health and Wellbeing Network are:

Wednesday 23rd January 2019 at 1.30pm, SCYD and Wednesday 20th February 2019 time and venue TBC

On 20th February we are holding a Strathmore Speed Network Event. This allows people to get together to share what is happening in the Strathmore area around Health and Wellbeing. More details to follow.

Carse of Gowrie Health and Wellbeing Network will next be held on Wednesday 27th February, 10am – venue tbc. The group will be exploring what key themes to take forward for 2019.

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 issue.

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

Strathearn/Strathallan & Kinross-shire - Contact Fiona or Heather as per above



Visit our Community Engagement Page at ThirdSectorPK website

Find us on Facebook @PKAVSCommunityEngagement

