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An Initiative from Perth and Kinross Health and Social Care Partnership

North Perthshire Locality Newsletter – Autumn 2019

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

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Highland Update

Aberfeldy Care and Treatment Hub

The Aberfeldy model of care short life working group met at the end of August to discuss any outstanding work and the progress made in the provision of more locally based community services for the Aberfeldy & Kinloch Rannoch Community.

Significant progress has been made since the initial concept was approved. Service leads have provided a vision of how each clinic within the service will be delivered. This has allowed us to develop a standard operating procedure for each service and a provisional clinic schedule. It is anticipated that this will be implemented in a phased way, and it is most likely that the first phase will open near the end of October 2019 with the delivery of many of these clinics. Utilising integrated care teams in this way should enhance the quality of the service provided, providing co-ordinated and appropriate care in a more timely fashion, closer to home.

During discussions at the short life working group, an overview was provided of NHS Near Me and examples were given of its use. NHS Near Me is a new video consulting service which aims to provide outpatient consultations as close as possible to home. This could be provided for some clinics within Aberfeldy, with support from eHealth. It was acknowledged that this could be beneficial for service users in appropriate settings, whilst face-to-face consultation was considered most appropriate in some circumstances. Further scoping of this is currently being carried out.

Adjustments to the property and care environment have been required to meet standards in security, fire regulation, infection control and dementia standards. The timing of the opening of the first phase has been dependent on the completion of these adjustments, which are currently ongoing and predicted to be complete in October 2019.

Any new equipment required has been purchased and installed within the new hub. Similarly, the equipment necessary to support the IT infrastructure has now been installed and is ready for use.

Feedback was received following consultation with community groups, regarding the naming of the new Community Hub. With consideration of this feedback, a decision was made by the group at the August meeting; the name of the new wing is Aberfeldy Care and Treatment Hub. All signage and documents will reflect this.

Engagement with the community will continue during the phasing of all new services and information will continue to reach the local community in this and the Quair update.

Volunteers Needed



The North Locality (Highland) Social Work Team are currently trying to recruit volunteers to support with community capacity building and intergenerational work. If you are interested or know of anyone that would be interested please call Stephanie Keen (Team Leader) or Diana McIntosh (Social Worker) on 01796 474600

Dementia Friendly Aberfeldy Collaborative



A dementia friendly community is made up of the whole community - shop assistants, public service workers, faith groups, businesses, police, fire and ambulance staff, bus drivers, school pupils, clubs and societies, and community leaders - people who are committed to working together and helping people with dementia to remain a part of their community and not become apart from it. The process involves learning a little about dementia and doing very simple and practical things that can make an enormous difference to people living with dementia. (Alzheimer Scotland).

We have an ageing population, more so in this area of Perth and Kinross, and it is thought that 1 in 3 people over the age of 65 will develop some form of dementia. The proportion of those of pensionable age varies significantly across the area, from 15% of residents in the Perth City ward up to almost 30% in Highland ward. It is thought that 93,000 people in Scotland live with Dementia with this figure expecting to double over the next 20 years.

The Dementia-Friendly Aberfeldy Collaborative (DFAC) is a small group of people living in Aberfeldy who have close relatives with Dementia and are also unpaid carers. We formed a larger steering group to oversee the project which offers governance, guidance and direction. The steering group has representation from NHS Tayside, Perth and Kinross Council, Dalweem Care Home, The Birks Cinema Trust and Rural Wisdom. We also had direction from a representative from Alzheimer Scotland in shaping the workplan. The work is based on the outputs of a public engagement event held in August 2018 attended by people with dementia, their family members and 72 members of the local community. The first few months have been spent making funding applications to support the workplan however after a few successful bids, (NHS Tayside, PKC and SSE Griffin) work is now underway. To date, in excess of 14 awareness sessions have been delivered throughout the area with more to follow. Sessions have been provided by Alzheimer Scotland with team members delivering presentations to other local organisations and groups.

Orientation clocks have been distributed with each resident in Dalweem Care Home now having their own personal clock. Orientation clocks have also been issued to the GP Surgery, the Dentist and the Birks Cinema as well as some local residents. Recordable photo albums have also been provided. This will allow families to record narrative for each photograph thereby telling the person's story of key moments in their life – holidays, the birth of grandchildren weddings etc.

We have purchased a number of other items to help people live well with dementia and these will be distributed over the coming months.

For further information please contact: Janette Barrie Janette.dfag@gmail.com Meg Dougall meg.dfag@gmail.com Judy Ewer judy.dfag@gmail.com

Hearing Aid Clinics in Pitlochry and Aberfeldy

NHS Tayside Audiology & Balance Service has trained volunteers to provide replacement batteries and re-tube ear-moulds at 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. It is important that hearing aid users bring along their yellow book as this is required to be produced 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.

"New drop-in clinics are now taking place in Aberfeldy and Pitlochry and 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:

Breadalbane Library, Crieff Road, Aberfeldy – First Friday of every month from 10am – 12noon

Pitlochry Hospital – First Tuesday of every month from 10am – 12noon



Highland Perthshire Carers Support Group



An informal group to promote carer peer support and provide information on resources available to people in Highland Perthshire fulfilling a caring role has been meeting on the last Friday of the month in the Atholl Centre in Pitlochry between 10.30 to 12noon. We are currently a small group but are hoping to attract more carers across Highland Perthshire as word spreads.

A representative from PKAVS and someone from the Health and Social Care Partnership are on hand at these sessions to answer questions, provide information and signpost carers to other supports available. Carers have reported that they

have enjoyed the opportunity to come along and share their experiences of caring.

For further information contact Donna McCraig on 01738567076 or Diana Macintosh on 01796 474609

How Does Highland Perthshire Care

Anne Robertson, social worker in North Locality Highland Team attended 'How Does Highland Perthshire Care' on Friday 23 August in Aberfeldy Town Hall. The event was organised by the Support Choices team and was well attended by care organisations and local people interested in care provision. The organisers provided a soup and sandwich lunch with scones and coffee available throughout the day. Several people attended the social work stall which was shared with Dalweem residential home and discussions were held around provision of care at home, respite and permanent care admission. The event gave an opportunity to share information with other organisations. Some attendees benefitted from personal Shiatsu sessions.

[For further information on the event – please click here](#)

Strathmore Update

Alyth Stride for Life

A huge thanks to the Alyth Stride for Life walk leaders and catering volunteers who hosted the sixth "Big Stride" walk on Saturday 15 June. It turned out to be a huge success as the Alyth team were extremely well organised with 3 different and well planned walks available to cater for all levels of abilities and they even managed to arrange the sunshine as well.

14 different groups attended the walk from all over Perth and Kinross with a record number of 77 walkers attending which was a fantastic effort from everyone involved and all the walkers thoroughly enjoyed the event and the hospitality afterwards. Thanks again to Tom, Marj, Peter, Jim, Meg, Linda and John for arranging a great event!



Summer Connections Event a Success



The Summer Connection Networking event at the Adult Resource Centre, Blairgowrie on Tuesday 30th July 2019 was attended by 37 people. The Strathmore Centre for Youth Development (SCYD) events team helped support with the setting up of the event and promote their activities.

The event provided an opportunity for other local groups and organisations to provide information to local residents on what activities are available within the Strathmore area. Stands were from BADNS – Strathmore and the Glens, Timebanking, Carers Voice, Employment Support, the local Social Work Team and SCYD.

The Summer Connections event also allowed local people to contribute to the Health and Social Care Consultation which will shape how services develop over the next three years. Local community members welcomed the event and would like to see similar networking within other areas of Strathmore.

Elder Voice – Wheels Project has a new co-ordinator



Elder Voice, a new charity is pleased to welcome on board Sam Stewart as their new co-ordinator for Connecting Older People in the Community. Sam has a wealth of local knowledge and has empathy for the problems older people face in Blairgowrie and Rattray and the surrounding areas in connecting to services. Sam said “for most of us just having a hospital appointment is enough to worry about, but imagine having to make a long and complicated journey alone, in pain and feeling anxious about not getting there in time. This is the reality for many older people”.

Sam will be the first point of contact for our members and new members requesting transport journeys through our Volunteer Driver Service, Befriending Service and Neighbourhood Link Service as well as our Taxi Voucher Scheme whereby our booking management system will ensure journeys are dealt with speedily and efficiently “thank you for your great service it is such a relief to know my dad is taken care of during his chemotherapy trips”.

Sam can be contacted on transport@eldervoice.org.uk or by telephoning our office at 1 Commercial Street, Blairgowrie PH10 6NL – 01250 874269.

Carse of Gowrie Update

Madoch Community Transport

The Madoch Centre in St Madoes is about to launch a new transport scheme thanks to funding from Perth and Kinross Council. A Community Transport Planning Group has been working on the concept over the last 18 months.

The original idea was to help combat social isolation by bringing older folk to the Centre for social or exercise activities. The group secured funding to buy a people carrier that was adapted to make it more accessible. However, with the move of the Carse GP surgery the group realised they needed to extend the project to include taking patients to the Doctor’s surgery. Additional funding from Perth and Kinross Council has enabled the appointment of Oli Gage-Walker as the Coordinator of the new scheme.



The project has been delighted by the community response and the number of volunteers who have come forward and committed to helping the more vulnerable members of their communities. The project will offer residents of St Madoes and Errol, who would otherwise be unable to get out of their homes, transport to the Madoch Centre and appointments at the Carse Medical Practice. Thanks to financial support from PKC Transport and other funds, this service can be offered to passengers for just donations. For more information on this project contact Oli Gage-Walker Tel: 01738 310412 or email transport@madochcentre.com

East Carse Friendship Project



East Carse Friendship is a new project aiming to provide a volunteering service within the East Carse of Gowrie to those people who have become socially isolated as a result of decreasing health, advancing years, or bereavement.

The volunteering service aims to offer companionship and support to a person, tailored to their specific needs therefore providing a person centred service. The types of activities that the volunteer could be involved with include general interaction and engagement with the person, assistance with activities in the home

and/or in the local community, and to support and encourage participation in existing or new interests and leisure activities.

Volunteers will be encouraged from the local community and will be matched with a suitable person who has been recognised as someone who may benefit from the service on a regular basis. Involvement can be varied in relation to timing and duration and will be reviewed by a Volunteer Co-ordinator on a regular basis to ensure that the relationship between the volunteer and the person is promoting engagement within a person centred approach and to ensure that level of support is conducive to what the person would like to achieve.

Anyone who is interested in volunteering, or if you know someone who may benefit from this support, please contact Elaine Stewart, Volunteer Co-ordinator estewart0609@gmail.com for further information.

General Update

Perth and Kinross Health & Social Care Partnership (HSCP)

Strategic Commissioning Plan Priorities – Engagement Survey



Over a 5 week period in July/August 2019 the Health & Social Care Partnership engaged with local Perth & Kinross Communities to better determine what Strategic Priorities the Partnership should focus on going forward over the next 3 - 5 years. This engagement programme was designed to build on the initial consultation programme “Join the Conversation” completed prior to publishing our Strategic Plan 2016 – 2019. This year 1,420 people completed the survey (online and paper based). Respondent numbers were fairly equal across all three Perth & Kinross Localities.

The responses to the survey are reflective of and have influenced our Strategic Objectives and Intentions which will be fully outlined in our (soon to be published) refreshed Strategic Commissioning Plan. The survey report can be found in full on the Perth & Kinross Council Consultation Hub website. [Click here for the link](#)

This exercise is only one component of our planned, ongoing programme of consultation and engagement as we deliver on our Strategic Plan priorities and embark on the transformation and redesign of services that will better meet the need of the Communities of Perth & Kinross.

Live Active Wellbeing Roadshows

Live Active, throughout September and October 2019 will be holding Wellbeing Roadshows throughout Perth and Kinross. The drop-in events are for local community members who would like to find out about what Live Active offer within the local area and how to access support/ advice around health checks.



The aim of the Wellbeing Roadshows is to raise awareness on alternative ways of being active whether it is walks and classes within your local area or how to stay active and energised at home by using everyday objects (milk bottles filled with water, bathroom towels, etc.) to increase muscle strength and flexibility in the joints. Information about Move More Cancer Rehabilitation Classes will be included as well. There will also be free health checks for those that wish to find out what their blood pressure, cholesterol/glucose numbers are and advice where needed.

The Health and Social Care Partnership Community Engagement team will also be attending the roadshow drop in events to find out what's important to you about your wellbeing and what support is needed in your community, so come along have a chat and of course tea/coffee and biscuits will be available.

The Drop In events will take place:

Date	Venue	Time
Monday 23 rd September	Ogilvie Rooms, Alyth	11:00 – 13:30
Tuesday 24 th September	Molteno Hall, Fortingall	10:30 – 13:30
Friday 27 th September	Atholl Centre, Pitlochry	10:30 – 13:30
Saturday 28 th September	Glennearn Community Campus, Perth	13:30 – 16:00
Wednesday 2 nd October	Strathearn Community Campus, Crieff	10:30 – 13:30
Friday 4 th October	Tulloch Community Centre, Perth	10:30 – 13:30
Wednesday 9 th October	Errol Village Hall	10:30 – 13:30
Thursday 10 th October	Bridge of Earn Institute	10:30 – 13:30
Monday 14 th October	Methven & Logiealmond Church	10:30 – 13:30
Thursday 17 th October	Letham Community Hub, Perth	10:30 – 13:30

Social Prescribing



Perth and Kinross Health and Social Care Partnership's Social Prescribing Service is now a year in existence. It has been a busy year with the service in the Strathmore area now offering drop in sessions at GP surgeries in Alyth Health Centre and Coupar Angus Medical Centre on a fortnightly basis and an appointment service is available every Friday at Ardblair Medical Practice. We offer one to one support for anyone aged 16+ who may be looking to connect back into their community by joining a group, starting a new sport or meeting new people to help people improve their overall health and wellbeing. Working with communities and addressing any gaps identified. There is now a new Men's Group in Blairgowrie being created for more information contact Ashleigh Mustard T:01250 872121

If you would like further information or support please contact Kim MacBain on 01250 871934 or email kmacbain@pkc.gov.uk

Perth and Kinross Disability Sports

At Perth & Kinross Disability Sport, our aim is to lead the development of sport and physical activity for people of all ages and abilities with a physical, sensory or learning disability within the Perth & Kinross area. We work in partnership with Live Active, local clubs and organisations to develop, support and promote sporting opportunities which encourages participation for all. There are opportunities across the whole of Perth & Kinross which we have coordinated on to our website – pkds.org.uk and we are always looking to support new initiatives.



To enhance competitive opportunities, we run events and competitions to raise the profile of disability sport within Perth & Kinross and beyond and give people an opportunity to progress and perform whilst creating a pathway to develop further at a higher level of participation which can lead to national or international involvement.

Our training and education courses and workshops cover generic and sports specific practical and theory methods on how to positively include people with a disability in physical activity and sport. These prove extremely popular with coaches and volunteers who are looking to increase their knowledge or to introduce inclusive practises into their sports clubs. There are many physical and psychological benefits to taking part in recreation and physical activity, it's not just about sport, the benefits include getting healthier/fitter, learning new skills, losing weight, increasing confidence and getting out more to socialise and meet new friends.

For more information, please contact Graeme Doig – graeme@pkds.org.uk

New Chief Officer - Gordon Paterson



I am grateful for the opportunity to contribute to this newsletter, having taken up post as the Chief Officer for Perth and Kinross Health and Social Care Partnership in April. In these few short months, I have been greatly impressed by colleagues' commitment, creativity and ambition to work together to deliver better outcomes to the citizens of Perth and Kinross. Whether we come from a social care, social work or health background we should all celebrate the privilege of public service and the opportunity that we have to make a real difference to people's experiences, opportunities and lives.

We are currently revising the HSCP's Strategic Commissioning Plan which affirms our commitment to; addressing health and social inequalities; delivering preventative services; supporting unpaid carers; and working with local communities to build capacity and resilience. We intend to create the conditions for more integrated working locally and to deliver services that are accessible, responsive and of high quality.

We will align our strategic plan, our commitments and our future activity to the NHS' 'Transforming Tayside' programme, as well as to wider public health priorities. We are also looking at the contribution that the HSCP can make to support the Council in delivering the Perth and Kinross Offer, as it applies to health and social care.

Shaping Orthopaedic Services



NHS Tayside has launched a three-month consultation on proposals to redesign orthopaedic services across Tayside as part of our three-year Transforming Tayside programme. The population is living longer and we know that over the next 20 years, there will be an increase in the number of older people in Tayside. This means higher need for unplanned trauma and planned orthopaedic services.

The consultation will run from 29 July to 31 October. For more information or to take part in this survey [To complete the survey click this link](#)

Carers Connect Event

Each year we work in partnership with the Health and Social Care Partnership to organise an event to support carers to care and have a life alongside caring.



This event is a fantastic opportunity for unpaid adult carers to get together, listen to informative speakers, take part in interactive workshops and find out more about what services and supports are available for carers in Perth & Kinross. This event is also open to any professionals who work with carers.

We are delighted to announce that **CARERS CONNECT** will take place on **FRIDAY 29TH NOVEMBER** at the Dewars Centre, Perth. Hold the date in your diary. Programme and booking details will be out in due course.

If you would like to get involved and have a stall or for more information please contact Gill McShea, PKAVS Adult Carers Development Worker. Tel: 01738 567076 or email gill.mcshea@pkavs.org.uk or visit our website PKAVS Carers Hub

Locality Leads Update



Welcome to the North Locality Autumn edition from both Amanda and Karyn. We continue to see and hear about so many positive developments within our locality and to see the strong collaborative links and leadership between our locality teams. We continue to develop our locality infrastructure around our Integrated Care Team approach and this continues to evolve. We will share further information in due course.

The Aberfeldy Model of Care now named as The Aberfeldy Care and Treatment Service is due to open October 2019 and local health and care staff and our community representatives have worked hard to get the unit developed and opening on time. Our Enhanced Response Service is being developed and designed to ensure an Integrated Locality response for our locality. We have been successful in our bid with the Scottish I-Hub to develop "Living and Dying Well with Frailty Collaborative" we will give further updates in due course as the re-design of services develops around this exciting project.

The Care and Treatment Services as part of the new GP contract continues to develop and we have set up workstreams with local practice managers to progress the models of care. We are working with other partners such as Scottish Ambulance Service to deliver more integrated models of care and currently evaluating this way of working across the North locality. With winter looming we are beginning to plan our local winter responses.

Amanda Taylor & Karyn Sharp - North Locality Leads.

Your Community PK website & social media



Find a huge range of information on activities in your local area at www.yourcommunitypk.org You can 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

Funding Alert

Did you know you can sign up to a Funding Alert through the Communities team in Perth and Kinross Council. The monthly email alert advises what opportunities are available to groups who are looking for funds in the Perth and Kinross area. If you would like to be added to the distribution list, [please click here](#) or contact communityplanningpartnership@pkc.gov.uk



Public Partners



Over the summer months the Public Partners continue to attend the Health and Social Care Partnership Strategy and Strategic Planning groups. There have been opportunities for the Carers representatives to meet Carers across Scotland to gain an understanding of what is happening in other areas. The Public Partners have also attended a number of public events to raise the awareness of their role within the IJB.

The Public Partners have been looking at the role and remit of both the Carer and Service User representatives. They have met with Gordon Patterson, Chief Officer of the IJB to discuss this and the election process for the Carers representative. A date for the Carers election will be finalized once this has been discussed with Carers Voice.

Dates for the next Reference Group which allows people an opportunity to meet with the Public Partners are to be confirmed, if you are interested in coming along please let us know.

If you would like to get in touch with the Public Partners please email publicpartnerspkijb@outlook.com or contact Fiona Johnstone on 01796 567076 who will arrange for a representative to contact you.

Local Health & Wellbeing Networks – Be part of it!

A fresh new approach is needed to help improve the way we look after people and support them to live independently. The Community Engagement team support people coming together and making connections around health and social care issues in your local community.



This is a place to:

- Discuss local issues that are important to you
- Connecting communities and services to work together
- Smaller focus groups/drop in's to discuss specific local issues
- Bi-monthly email Alerts of what's happening in your local area
- Quarterly Networking Events to meet familiar and new faces
- Connecting strategic groups, community planning partnerships to link with you in the community through the Health & Wellbeing Networks

Health and Wellbeing Networks are already set up in the following areas:

Perth & Scone / Highland & Strath Tay / Strathmore / Carse of Gowrie / Strathearn & Strathallan / Kinross-shire

If you are interested in being part of these conversations please contact your local Community Engagement worker:

Fiona - Highland/Strath Tay & Strathmore 07849 800326 / FJohstone@pkc.gov.uk

Heather - Perth City & Carse of Gowrie 07415 172208 / HShields@pkc.gov.uk

Stephanie – Strathearn/Strathallan & Kinross-shire 07497 943125 / SCameron@pkc.gov.uk

Tell us Your News!



This quarterly locality newsletter is issued by the Community Engagement team for the Health and Social Care Partnership with the Locality teams. We welcome any feedback, suggestions and of course your stories for the next edition. Please send any stories to us by 19th December 2019 for the Winter issue January 2020.

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