

your

community PK

An Initiative from Perth and Kinross Health and Social Care Partnership

Perth City Locality Newsletter – Winter 2019

Perth City & Scone

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.



Perth Gospel Hall Soup Kitchens



Perth Gospel Hall (located in Balgowan Road, Letham) started a Soup Kitchen in Thimblelow Car Park back in October 2017 using their Good News Trailer. Since then, every Monday evening, between 7.30 and 8.30pm, a team of enthusiastic volunteers from the church have helped distribute hot drinks and snacks to around 20 visitors. After a short 'Thought for the Day' from the Bible, bags of groceries are handed out. During the first year over 200 different individuals have visited the soup kitchen, and over 1,000 bags of groceries have been distributed. In October 2018 the church started a second soup kitchen in Dalreoch Place, Letham, again using its Good News Trailer. It operates on a

similar basis but on a Wednesday evening between 6.30 and 7pm.

Tesco and Greggs provide some of the food which is distributed, while the members of the church fund the rest. The church sees these activities as an opportunity to demonstrate its care for the community. Anyone is welcome to come along to either of these soup kitchens. For more information see www.perthgospelhall.com the Perth Gospel Hall Facebook page, or call / text 07584099498.

South Perth Community Garden

Are you interested in growing your own fruit and veg? 🍏🍎🍇

Would you be interested to have your own plot? 🇬🇧

If the answer is yes, why not join us at South Perth Community Garden 20-22 Glengarry Road Craigie Perth. You get fresh air, free exercise by digging or weeding, or just de-stress after a hard day at work.



We are presently making new plots on our site and we would be pleased if you would join our friendly community, just contact JamesGardner@PKC.gov.uk Mobile 07887625142 or at the Glenearn Campus Glenearn Road Perth. Alternatively go to our Facebook page South Perth Community Garden and you will see what we get up to. Hope to hear from you soon. Linda Malcolm Chairperson

Fairfield Lunch Club & Kinnoull FC



After the recent closure of Fairfield Neighbourhood Centre, the ladies at Fairfield Lunch Club have joined up with Kinnoull Junior Football Club at Tulloch Park which is just along the road from Fairfield to host the revived lunches. Starting up again in March the Fairfield Lunch Club provides a vital social get together for the communities of Fairfield, Hillyland, Tulloch and Letham keeping people active, connected and involved. More Information will follow soon.

New Accessibility Guide for Perth



The Centre for Inclusive Living Perth and Kinross are excited to launch our Accessibility Guide for Perth City Centre. This has been produced by our members with help from Perth College and funded by the Creative Community Fund.

CILPK is a user led disability organisation that promotes Independent Living. The venues in the guide were chosen by our members as being the most accessible in the area.

The guide focuses on Places of Interest, Cafes and

Restaurants, Parking and Toilets. We hope that people will find this guide useful and have the confidence to try new places knowing that they are accessible.

You can access the guide from our website at www.cilpk.org.uk or if you would like hard copies of the guide please get in touch with us and we can arrange for them to be delivered to you. Tel: 01738 587282 or email info@cilpk.org.uk

Back Open for Community Groups

Letham4All has agreed with the Council to hold a licence to occupy the former recreation centre in Letham on Tweedsmuir Road, Perth so it can be opened for local community groups to use. Although it is not opened to the walk in general public, local groups like KOLA and the Majorettes will be back in the building from mid-January. This also means a return for projects like the Chatty Crafters, Breastfeeding Support Group and Parent to Parent which were all developed by local volunteers who piloted the original Mini Community Hub Project, and other groups like The Letham Friendship Network and Needles and Pins.



We will post a Community Hub programme in the very near future and if you are part of a local group who want to return back to the building please contact Jon Kidd on 07783809049 or email chair@letham4all.org.uk

Singing Group for People with Dementia and their Carers



St Leonards in the Fields Church in Perth has set up a new singing group for people with Dementia and their carers who enjoy singing. The first session took place in December 2018 with around 20 people attending.

The group meets for tea and a chat giving an opportunity to socialise, and then sing along together for about 45 minutes. There is a singing leader and accompanist; all the words are projected onto a screen. The aim of the group is to encourage a “feel good” factor for everyone.

The Singing Group will meet on the second Tuesday of the month from 2.30pm – 4pm at St Leonards in the Fields, James Street, Perth. For more information contact Mary on 01738 635881 or Beryl on 01738 639364 or email Edna on venezia12@blueyonder.co.uk

Dementia Café 10th Anniversary

The Perth and Kinross Dementia Cafe celebrated its tenth anniversary recently. The café has been part of Perth and Kinross’ innovative approach to dementia care. The approach’s aim is simple in ensuring the person with dementia has a right to continue living life as they have always done for as long as possible. The café is a monthly gathering where people with dementia, their family, caregivers and friends can be together in a safe, sociable environment. Volunteers and health and social care professionals are available to provide emotional support, advice/guidance and opportunities for social interaction.



The café meets on the first Wednesday of every month at North Church, High Street, Perth from 10am to 12:30pm. Contact Andy Bennett Tel: 01738 474566 or Diane McLellan on 01738 476831.

Don't Miss Your Chance to Vote

A total of 22 local community projects in Letham, Tulloch, Fairfield and Double Dykes have submitted their funding applications for the Community Choices Participatory Budgeting (PB) £25,000 Fund which is being run by Letham4All group.

Local people will have the chance to vote to decide which groups should benefit from the pot of money. Online voting will open on the 30th January– watch out for posts on social media and ballot boxes will also be in the community. Groups will be able to showcase their projects on Saturday 23rd February 2019 at the Letham Community Hub, Tweedsmuir Road, Perth from 1.30pm – 3.30pm. Final voting takes place up to 2.30pm and the results will be announced on the day.

For more information contact Jon Kidd on 07783809049 or email chair@letham4all.org.uk



What would you think about a new City Centre Hub?



Perth City Centre Community Group (PCCCH) is a newly formed constituted group who have recently received funding to carry out a consultation Feasibility Study on the potential suitability of a City Centre Community Hub for Perth.

The objective of the group is to provide a central point to access a range of community group information along with health and social care services information to help address social isolation and improve health and wellbeing. It would also be an inclusive and safe social space providing

connections with services as well as providing social activities that are accessible and open to local people of all ages, abilities and circumstances.

Community Enterprise have been selected to facilitate the Feasibility Study over the next three months to find out what the community would want and if or how a hub could benefit Perth. If you would like to be involved in this consultation process or have a view on the hub idea then please get in touch. Email perthcityhub@gmail.com or Tel: 01738 452236

Christmas Donation for New Rannoch Day Centre

Staff and service users at New Rannoch Day Centre gave a big thank you to staff from Stagecoach Ltd Group who donated Christmas presents in December to the day centre.

Katie Loudon and Norma MacKenzie, from Stagecoach, presented Shona Thompson, the Day Centre Manager, and local group members with a brand new iPad and vouchers to purchase a microphone for their group.

Staff at Stagecoach staff decided to give a donation instead of participating in Secret Santa. They chose to donate the gifts to the New Rannoch Day Centre based at Shuna Court in North Muirton, Perth.



Katie Loudon, of Stagecoach Group Ltd, said "Instead of getting each other presents as we've done previously, we decided to do something different this year and make a donation to the day centre. "We know the money and the iPad will be put to very good use and be of benefit to the clients at the centre and we send them our best wishes for the festive season."

Staff and Service Users were very grateful for the generous donation and wished everyone at Stagecoach a Merry Christmas and Happy New Year.



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

General Update

New Services at CAB



Perth Citizens Advice Bureau (CAB) is introducing two new advice services from January 2019, adding to the services already provided throughout Perth and Kinross.

Our new Community Advice Project offers financial health checks including income maximisation, energy advice and help with benefit claims. The service will be provided at community venues across the area. The service is free, confidential and independent. To make an appointment Tel: 01738 450592 or 450581. If any organisation would like CAB to

provide a regular advice surgery at their premises please get in touch.

CAB also has a new project to give advice on Universal Credit. During the first three months of 2019 we will pilot a telephone and webchat advice service giving advice to new claimants. The telephone helpline number is 0800 023 2581. Advice via webchat will be available through the Perth CAB website from 21st January 2019.

CAB will continue to provide face-to-face advice for those who prefer to access the service this way. Staff offer a drop-in advice service at the Perth bureau in Atholl Crescent between 10am and 12 noon from Monday to Friday and have appointments every afternoon. To make an appointment contact CAB on 01738 450581.

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

Shared Lives Service – can you help?



Richmond Fellowship Scotland are looking to increase awareness of our Shared Lives Service in the Perth & Kinross Area and looking for people who can help our supported individuals to achieve their own positive outcomes and we are always open to anyone who wishes to access this type of service. If you are willing to share your community

contacts with those you support, this could be an amazing opportunity for you. Shared Lives Carers are self-employed and the role is flexible to suit your needs and availability along with the support & training offered from the Shared Lives Co-ordinator. Richmond Fellowship Scotland are looking for people who want to share their home and life with someone who needs a homely and loving environment. We spend time with Shared Lives Carers and get to know you then match you with someone that you will get along with. The support can range from a few hours of respite each week or if you have a spare room, sharing your family home with the person. Some people here have a very active social life and enjoy getting out and about. You could be supporting them to go to the football, the pub, attending concerts, having days away, holidays and much more or maybe just some company and thoroughly enjoy having a chat over a cup of tea and cake. To apply please contact Lorna Isbister on 01738 552 000 / 07843 358 605 email ldonoghue@trfs.org.uk

Ashleigh's Achievement



Ashleigh Henderson, a Project Officer within Perth City celebrated her graduation at the beginning of December from Robert Gordon University.

Ashleigh already has a BSc with Honours and has recently gained an MSc in Science Health Promotion and Public Health. As part of her Masters level study, Ashleigh completed her research dissertation on why men engage with community and health related opportunities. Given Ashleigh's role working with NHS Healthy Communities, her learning contributes to her main aim of enhancing quality of life and personal resilience for individuals and groups within our Perth City communities.

Lindsey Griffin, Clinical & Professional Team Manager commended Ashleigh for her enthusiasm and commitment to lifelong learning. Lindsey added "Ashleigh has worked incredibly hard to complete her MSc, balancing time intensive study, a challenging work role and a busy home life. I am delighted to congratulate Ashleigh on her

wonderful achievement and look forward to seeing where her passion for learning takes her next.

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.pkavscarershub.org.uk

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 register for free membership by sending your name and Email address to carers.Voice@pkavs.org.uk

We now have a dedicated number for Carers Voice if you should need to speak to us Tel: 07856660898

Gleneagles Day Opportunities

Gleneagles Day Opportunities is a support service registered with the Care Inspectorate to support adults who have a learning disability. The stated aims and objectives of the service are: "Our services are for people with profound multiple learning disabilities, challenging behaviour and complex needs"

Following a recent inspection in July 2018 the Care Inspectorate graded this service as:

- Quality of care and support 5 - Very Good
- Quality of management and leadership 5 - Very Good

The Care Inspectorate highlighted key areas that the service did well, this included the following:

- "People received very responsive care and support. We saw support provided when it was required, at a relaxed pace, that valued the person as an individual and all within a calm atmosphere where staffing levels seemed appropriate."
- "It was clear that the service had a strong focus on ensuring that people were able to get their thoughts and wishes across. We were pleased to see, for example, people using 'Talking Mats', when it was appropriate. Overall there was very good support for people to make informed choices, using the communication methods that suited their needs best, including wide use of 'easy read' materials".



To acknowledge the hard work, commitment, and dedication to delivering high standards of outcome focused care a "Celebrate our Success" event took place with the staff team. This allowed us as part of the Health and Social Care Partnership to appreciate the very enthusiastic and skilled team that we have.

Anyone who would like more information about Gleneagles Day Opportunities can get in touch with the team on: Email - GleneaglesDayOpportunities@pkc.gov.uk or Telephone - 01738 472345

To view the full report published by the Care Inspectorate, this can be found at www.careinspectorate.com

New Services with Royal Voluntary Service (RVS)



The RVS are in the initial stages of delivering two new services on behalf of the NHS and Perth & Kinross Council. These services are somewhat different from the existing services and are in addition to those services that we currently provide. In outline, the new services are:

Supporting You At Home (SYAH) – Designed to provide early intervention assistance to help an older person become more able in their homes and less isolated by involving them in community activities. This is a three to twelve week programme where a volunteer would carry out weekly visits to the service user to deliver one or more

services. The services that could be provided within SYAH are: assisted shopping, befriending, 'Move it Or Lose It' exercising, nutritional support (healthy eating and hydration), integration into the community (active signposting to other community based activities). The length of time this support is provided will be based on the weekly progress of the service user and a three weekly review process is used to help determine this.

Supporting Your Recovery (SYR) – To assist the NHS in getting older people discharged in a timely fashion from hospital, ensuring they are home safely and settled. Then if required, providing a range of services to enable them to adapt to their home life again, and helping them to be less isolated by involving them in community activities. This is a service that starts with patients being discharged from PRI. We have a coordinator based with the hospital discharge Team monitoring the discharges and offering support from the RVS where possible. This is a three to six week programme designed to help enable the service user to initially transport home, getting them settled in a safe manner by a volunteer driver and then if required, assist with the services as listed above with the SYAH package by another locally based volunteer.

These services demand a lot of our valued volunteers and we are always on the lookout for new volunteers who would like to join us. The RVS in Perth is contactable by calling: 01738 633975 or emailing taysidehub@royalvoluntaryservice.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.pkavscarershub.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.

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.

Locality Leads Update

It's 2019, it's a new year and we are currently reviewing our priorities for the Perth City Locality. They include:

- Continuing the implementation of 'Integrated Care Teams' which will consist of professionals including nurses, social workers, occupational therapists and physiotherapists. The teams will be aligned to GP surgeries and will help provide a more coordinated approach to supporting people.
- Working with communities and the Third Sector to support people who are socially isolated.
- Focus on the development of Community Care and Treatment Hubs. These will provide a central location for delivering treatments which do not require a GP.
- Continuing to support and be involved in the Participatory Budgeting process through the local Action Planning Partnership.



Kenny Ogilvy and Chris Lamont - Perth City Locality Leads

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

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

Next Meeting Dates:

Tuesday 12th February & Tuesday 26th March 3.00pm - 5.00pm at PKAVS, North Methven Street, Perth
Contact Heather at PKAVS Community Engagement Team for more information 01738 452236

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

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

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



Visit our Community Engagement Page at ThirdSectorPK website

Find us on Facebook @PKAVSCommunityEngagement

