

your

community PK

An Initiative from Perth and Kinross Health and Social Care Partnership

South Perthshire & Kinross Locality Newsletter – Winter 2019

Strathearn & Strathallan, Almond & Earn, Kinross-shire

## 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](http://www.thirdsectorpk.org.uk) or our Facebook Page @PKAVSCommunityEngagement. Alternatively please contact us on 01738 452236.



## Strathearn & Strathallan Update

### Crieff Hospital Event and Engagement

Last year the South Perthshire & Kinross Locality Manager Lindsey Bailie engaged with the local community in a discussion about the future use of the current under-utilised areas at Crieff Hospital. This was done through an open day at the hospital along with community engagement opportunities. All the comments have been collated now in one report which can be viewed on the link below.

[To view the full report click here](#)



### Crieff Churchyard Make-Over



Friends of Old St Michael's, Crieff, had a visit early January by Councillors and staff from Perth and Kinross Council who were keen to highlight the great working partnership in preserving and improving the site. Executive Director Barbara Renton and Councillor Pete Barrett (Convener, Housing and Communities Committee) attended the open day.

PKC Greenspace have supported the annual Open Day, Safer Communities Team have arranged to have graffiti removed, and a Participatory Budgeting grant allowed the group to develop a Memorial Garden in the Churchyard. We look forward to continuing our good working relationship as we continue to improve the site. To see what's happening at Old St Michael's in Crieff take a look at our Facebook page @Old St Michael's Hall & Grounds-Crieff.

### Neuro Central – making a difference for people affected by neurological conditions in Perthshire

Neuro Central is a space where people living with neurological conditions, their families and carers, can get help, support and advice in a friendly, relaxed environment, so nobody has to feel alone!

We offer a complete wellbeing programme including complimentary therapies such as massage, reflexology, reiki, Relaxation, physiotherapy exercise and advice, peer support, podiatry, counselling, hypnotherapy, information and much more.

Our members have told us about how they have benefitted from attending Neuro Central, with social contact, therapies and information being of most benefit. Neuro Central has hospitality at its centre and value the space given to the cuppa, chat and cake.

"Being involved with Neuro Central has given me friendship, peer support, a greater understanding of neurological conditions and help that is available".





## Gardening is good for you!

### The Potager Garden, a community garden in Kinross

There is increasing research evidence that gardening, being outside and in tune with the seasons is beneficial for wellbeing. It is thought that bacteria and fungi from the soil are good for the immune system, and patients who have a green view from a hospital window recover more quickly.



At the Potager garden in Kinross we aim to offer these benefits to volunteers, as well as social contact, and a sense of achievement in growing living plants. We are a garden for the whole community, and a main activity is educating school children about growing, the environment, and healthy eating. The pupils visit during the summer term and plant vegetables, which are tended by the volunteers over the holidays, and the children return in September to harvest and taste the produce. We also have visits from other youth groups such as nurseries and the Beavers.

The garden was started in 1986 by Kinross in Bloom, helped by the Hit Squad from the Beechgrove garden, and the land is owned by PKC. It is a plot of about one eighth of an acre, in between housing, 200m from Kinross Primary School. We are a registered charity, run by volunteers, and maintain ourselves by plant sales locally. The garden is open to the public in the summer months, and we have weekly volunteer sessions on a Monday morning from March to October. For the last three summers we have had two volunteers with a learning disability, helping along with their support workers, and they have become very much part of the team. One man had his own growing area this season, and has enjoyed producing his own produce and now also co-works a raised bed at the local allotments with his support worker. The volunteers enjoy being at the garden, and we have noticed their self-confidence gradually increasing.

We have also had other referrals from social work and health workers of two ladies with health issues, and have been able to find activities which they enjoy. One woman said "what a peaceful place this is, I feel much more relaxed here, what I am going to do during the winter months?" In response to this, we are arranging an informal get together in a local café on a Monday morning, to continue the social contacts for the volunteers.

We also hold two coffee mornings at the garden each year for cancer charities, with plant sales, and we have provided training for Waste Officers from PKC about home composting.

Visitors and groups are always welcome at the garden, and also referrals of anyone who may benefit from volunteering with us. As we are volunteers, we are not a full time project, but try to be flexible to meet individuals' needs. For further information contact Amanda email: [amandajames1577@gmail.com](mailto:amandajames1577@gmail.com) or 08963 476803.

---

## Kinross and District Men's Shed



A special thanks to Richard Sime, Senior Community Health Nurse, Community Health and Wellbeing Team at Drumhar Health Centre, Perth for visiting the Kinross & District Men's Shed to individually chat with the shedders about any health issues they may have or just want something clarified or checked. Topics covered were prostate, diabetes, memory loss, weight, blood pressure and getting sugar

levels checked. Every shedder went home much more informed and with a base line to compare. That's Men's Sheds doing what they do best! Normally most of the guys would run a mile from those checks, never mind chat about them with each other over a cuppa.

New members are always welcome. Pop in and say hello or explore our website [www.kinrossmensshed.org](http://www.kinrossmensshed.org) to find out more about our aims and purpose.

When: Every Saturday and Wednesday 10am-2pm at the old Forth Wines Unit, Milnathort Industrial Estate

For more information contact email: [kdms.secretary@outlook.com](mailto:kdms.secretary@outlook.com) or mobile: 07388 869934



## Don't Forget Community Investment Fund (CIF) Closes 15<sup>th</sup> February

For information and application forms go to [www.pkc.gov.uk/cif](http://www.pkc.gov.uk/cif) or contact PKC on 01738 475307

# General Update

## Learning Disability Team – Social Media Innovation

Over the month of December, the Perth and Kinross Learning Disability Team used the popular trend of “Elf on the Shelf” (renamed by the service as Nick) to promote the Learning Disability Services on our Facebook page.

The idea was to write about and photograph him each day through December carrying out different activities with the Learning Disability team members and staff prompting the whole team of AHPs, Nursing and Psychiatry colleagues to remember to share their activities about their work.

Despite the fun theme, the overall aim was to promote the great and diverse work being carried out on a daily basis within the team. Nick attended sessions that were practical-based such as practical cookery; assessment-based, such as health checks and anxiety management, as well as other activities occurring at Bells Sports Centre (Rebound Therapy, Rugby). Nick the elf also attended an assessment session at a psychiatric appointment and attended a relationships group where he learned about contraception. Through the use of “Nick” it has greatly helped to show service users and carers, alongside other services who follow our social media posts a little bit about what we do. The aim of the initiative was to help reduce anxieties around the “unknown” behind the team’s health interventions and also to help people feel more at ease to approach staff who have been featured on the Facebook page.



---

## 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 21<sup>st</sup> 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](mailto:billy.morrison@pkavs.org.uk) You can also visit our website: [www.pkavscarershub.org.uk/PKAVS-Self-Directed-Support-Project](http://www.pkavscarershub.org.uk/PKAVS-Self-Directed-Support-Project)

## 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 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](mailto:taysidehub@royalvoluntaryservice.org.uk)

---

## Learning Opportunity – compassionate Inverclyde, a social movement.

Some of you may have heard of the work of Alison Bunce, who is leading on the award-winning Compassionate Inverclyde initiative. Described as a 'social movement', the community have taken forward projects such as No-One Dies Alone (NODA) and Back Home Boxes for people who live alone, and are being discharged from hospital.

Alison realised the difference it made to someone in her care when staff used their own initiative to make up a box of essentials such as bread, milk and soup to enable the person to feel better about being discharged to an empty house, with no means of getting out to buy essentials. To date, 135 volunteers have given out 1310 Back Home Boxes. This practical help and kindness in a time of crisis has generated some amazing feedback and community engagement.

Alison has offered to talk about the impact of Compassionate Inverclyde following the publication of their [evaluation study](#). We are hosting a Learning Lunch with Alison in Pullar House on 7<sup>th</sup> February. Alison will be in Perth for most of the afternoon and would be happy to share some of her experiences. Please contact [HCCTraining@pkc.gov.uk](mailto:HCCTraining@pkc.gov.uk) if you would like to learn more.



---

## 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: Marlena, PKAVS 01738 567076 or email [Marlena.Nowaczyk@pkavs.org.uk](mailto:Marlena.Nowaczyk@pkavs.org.uk)

## 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](mailto: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.

---

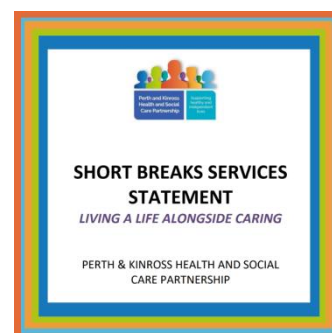
## Short Breaks Services Statement

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](http://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



---

## Time4Me Fund



Funding Available  
Apply Now!



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. For more information contact Marthe Handling the Respite Development Officer at PKAVS Cares Hub. Marthe can be contacted on 01738 567076 or you can email her a question – [Marthe.Handling@pkavs.org.uk](mailto:Marthe.Handling@pkavs.org.uk) [www.pkavscarershub.org.uk](http://www.pkavscarershub.org.uk)

## Care at Home News

Following the withdrawal of Elite Care Services from Crieff and Comrie in late 2018, the Health and Social Care Partnership appointed a new provider, Avenue Care, which was considered best placed to provide a person centred and reliable Option 3 service in Crieff and Comrie. Avenue have extensive experience of delivering quality care services in south locality and a proven track record of recruiting and retaining staff in this area. Some of the existing Elite Care Services staff transferred over to Avenue which has helped ensure minimal disruption to people who have an existing package of care. There was no change to the level of support our clients received during the transition, which is now complete.

Perth and Kinross Health and Social Care Partnership are looking forward to working with Avenue Care Services to develop and expand their services with Crieff and Comrie over forthcoming months.

---

## 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 are 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. Our 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](mailto:ldonoghue@trfs.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 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 your free membership by sending your name and email address to [carers.Voice@pkavs.org.uk](mailto:carers.Voice@pkavs.org.uk) or Tel: 07856660898

---

## Your Community PK Website



Find local information on activities in your area at [www.yourcommunitypk.org](http://www.yourcommunitypk.org)

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

Follow us on Facebook/Twitter for news & updates



[www.facebook.com/YourCommunityPK](http://www.facebook.com/YourCommunityPK)

[www.twitter.com/YourCommunityPK](http://www.twitter.com/YourCommunityPK)

## 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 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](mailto:publicpartnerspkijb@outlook.com) or contact Fiona Johnstone on 01738 567076 who will arrange for a representative to contact you.

---

## Locality Leads Update

I hope everyone had a lovely Festive holiday. We have had a busy time in recent months as a Health & Social Care Partnership Team in South Perthshire & Kinross. We undertook a piece of work alongside our community council and local people to find out about the health and well-being needs of people who live in Lower Earn. This gave us lots of information about what is important to people. The Crieff Community hospital open event which is linked in the newsletter also provided us with rich information about what is important to local people to support their health & wellbeing.

We hope to have a feedback event in Crieff as soon as possible to inform people of what we have taken from the event. The South Perthshire & Kinross Locality Health and Social Care Team are developing their mission statement, which we hope to share with you in the next newsletter.

Lindsey Bailie - South Perth & Kinross Locality Manager Contact Paula Law [p.law@nhs.net](mailto:p.law@nhs.net) or 01738 459558



---

## 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

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. Dates to be confirmed for Kinross-shire and Crieff Contact 01738 452234 for more information



---

## Tell us Your News!

This quarterly locality newsletter is issued by the Community Engagement team in partnership with the Health and Social Care Locality. We welcome any feedback, suggestions and your stories for the next edition.

**Highland/Strathclyde & Strathmore** - Fiona Johnstone 01738 452237 [fiona.johnstone@pkavs.org.uk](mailto:fiona.johnstone@pkavs.org.uk)

**Carse of Gowrie & Perth City** - Heather Shields 01738 452236 [heather.shields@pkavs.org.uk](mailto:heather.shields@pkavs.org.uk)

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

Visit our Community Engagement Page at [ThirdSectorPK](http://ThirdSectorPK.com) website

Find us on Facebook [@PKAVSCommunityEngagement](https://www.facebook.com/PKAVSCommunityEngagement)

