

your

community PK

An Initiative from Perth and Kinross Health and Social Care Partnership

## South Perthshire & Kinross Locality Newsletter – Autumn 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 Facebook page at [@CommunityEngagementPK](#) or alternatively please contact us on 01738 476134.



## Kinross-shire, Almond & Earn Update

### Loch Leven Health Centre – Local Advice Hub



The new Advice Hub is a partnership between Kinross-shire charity Broke Not Broken, P&K Health and Social Care Partnership and Loch Leven HC. It provides a much needed local drop-in facility to support people with community connections, signposting to benefits services, foodbank support and community organisations.

Just ask at reception and you'll be directed through to the advice hub

Thursdays – Community Connecting/Signposting

Do you feel a bit lonely or isolated, perhaps you are new to the area or now have more time on your hands? Would like to know about local groups and organisations that can benefit your wellbeing, maybe the Men's Shed, a book group, a gentle exercise group, an Arts or languages class or Volunteering.

Pop in and have a chat between 9.30am and 12.30pm on Thursdays or If you prefer an appointment time please call Shona on 07896 280843

Thursdays from 10am - PKC Drug & Alcohol drop-in support between 10am to 12.30pm. Do you have any issues, or maybe you care for someone and need some advice, information or support?

Drop-in or if or want a chat first please call Ricky on 07766 991570



"As the Hub is in the Loch Leven Health Centre, it is accessible to everyone and is based in a discreet and comfortable venue. Our location also means health centre GPs and staff can easily refer their patients if needed."

As the hub becomes established we hope other agencies will join us in providing information/support and would welcome suggestions from the community on what they feel would be useful.

### 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](#)

# Strathearn & Strathallan Update

## Remake in Crieff – We LOVE our Volunteers!!



### Why Volunteering is Good For YOUR Health!

Remake values and acknowledges the vital contribution that our Volunteers make to the day to day running and ultimate success of the organisation. Some volunteers have been with us for 4 years and more. When we asked “How has volunteering impacted your life?” a common thread emerged.

We would like to share with you what our Volunteers say and highlight some of the benefits to Volunteering.

### Connections with Others

*“I love it!! I meet people, have made friends. I love being valued and needed. I would be lost without my few hours at Remake!!”*

### Learn New Skills/ Increase Confidence with Existing Skill Set

*“I was struggling with my mental health which was quite isolating. Volunteering at Remake gave me a sense of purpose and achievement. In addition, the social aspect cannot be underestimated.”*

Continued learning through life enhances self-esteem and encourages social interaction and a more active life.

### Contribute to the Community and Supporting Others

*“I spend a lot of time away from home so could get detached from the Community. Volunteering keeps me involved and gives me the opportunity to meet local people and share experiences (and stories!)”*

So if you, or any one you know, would like to increase their wellbeing and join our Fabulous Team here at Remake Crieff we would love to have you. Contact [fiona.a@remakescotland.co.uk](mailto:fiona.a@remakescotland.co.uk)

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## Archway Community Wellbeing Cafe

The Drop-in café take place every Monday afternoon from 1.30pm – 3pm at Auchterarder Community Church Centre. Various activities, support and advice in the café – come along and tell us what you would like or just come for the cuppa and company! Café is free of charge but you are welcome to make a donation if you wish.



*Once a month visiting workers will be at the café with specialist information about the support and advice they can offer.*

2019	Organisation
30 <sup>th</sup> September	Podiatry
28 <sup>th</sup> October	Fire Safety in the home
25 <sup>th</sup> November	Family History
16 <sup>th</sup> December	Christmas Celebration

If you require further information please contact - Shona Fowler, NHS Healthy Communities Project Worker  
Email: [shonafowler@nhs.net](mailto:shonafowler@nhs.net) mob: 07896 280843

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## Crieff Soroptimists



Soroptimist International is an International Women’s movement. Locally, our clubs are very active and in Perth Soroptimists involve themselves in projects like Playlist for Life; Books Aloud; Modern Day Slavery and Trafficking; and, Smalls for All. The Crieff Club sponsor the Soroptimist Cup for Personal Achievement in the High School; Volunteer with Building Bridges; Work with the Ugandan Childbirth Injury Team and the Aberlour Perinatal Befriending Service. Dundee members have been Toilet Twinning; joining the ‘Reclaim walk’; ‘Sleeping in the Park’; besides raising awareness of child poverty and Building a Home for the children of Sex Workers in India.

Monday 25th November 2019 is International Day for the Elimination of Violence Against Women which is followed with 16 days of Activism ending on the 10th December and Human Rights Day. Soroptimists will be raising awareness of the UNESCO Campaign using the colour Orange which symbolizes a brighter future, free of violence. JOIN US and help us to transform the lives of women throughout the world.

JOIN US and ORANGE SCOTLAND

For more information: [www.sigbi.org](http://www.sigbi.org) or contact: Janice Wilson - [stitchesjanice@gmail.com](mailto:stitchesjanice@gmail.com)

## Strathearn Building Bridges

Give a little – gain a lot: volunteer with us! We are Strathearn Building Bridges, striving to provide a friendly, supportive, FUN environment to people who have learning and other difficulties in Crieff and Strathearn. A registered Scottish charity since 2013, we've recently become a Scottish Charitable Incorporated Organisation (SCIO), which is enabling us to extend the bridges we're building into a better quality of life for people with learning and other disabilities and their parents and carers. Our aims are to enhance integration, reduce isolation and raise community awareness. We organise and support a range of sport, leisure and social activities most weekday evenings for our members in the Crieff and Strathearn area. Other events include BBQ's, craft workshops, discos, bowling and trips away. We work in partnership with lots of different local organisations including the Strathearn Community Campus, Live Active, Strathcare, Crieff in Leaf, Logos, ReMake, the Round Table, the Rotary Club and the Soroptimists. Above all we rely on the support of a brilliant team of local volunteers! We're looking for more volunteers willing to give a couple of hours at least once a month to:



- Support members within groups
- Be a great role model
- Keep members safe
- Have fun!

To find out more about what we do, check us out on Facebook: Strathearn Building Bridges Inc. To apply for membership or to become a volunteer e-mail us for an application form: [building-bridges@hotmail.com](mailto:building-bridges@hotmail.com) Our Volunteer Co-Ordinator will happily meet with you to give you more information, or you can also contact our Secretary, Gillian Charleson [gcharleson@btinternet.com](mailto:gcharleson@btinternet.com)

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## 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.

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## 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 29<sup>TH</sup> 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](mailto:gill.mcshea@pkavs.org.uk) or visit our website [PKAVS Carers Hub](#)

## Perth & 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](http://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](mailto:graeme@pkds.org.uk)

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## 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 Community Engagement team for the Health and Social Care Partnership 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 <sup>rd</sup> September	Ogilvie Rooms, Alyth	11:00 – 13:30
Tuesday 24 <sup>th</sup> September	Molteno Hall, Fortingall	10:30 – 13:30
Friday 27 <sup>th</sup> September	Atholl Centre, Pitlochry	10:30 – 13:30
Saturday 28 <sup>th</sup> September	Glenearn Community Campus, Perth	13:30 – 16:00
Wednesday 2 <sup>nd</sup> October	Strathearn Community Campus, Crieff	10:30 – 13:30
Friday 4 <sup>th</sup> October	Tulloch Community Centre, Perth	10:30 – 13:30
Wednesday 9 <sup>th</sup> October	Errol Village Hall	10:30 – 13:30
Thursday 10 <sup>th</sup> October	Bridge of Earn Institute	10:30 – 13:30
Monday 14 <sup>th</sup> October	Methven & Logiealmond Church	10:30 – 13:30
Thursday 17 <sup>th</sup> October	Letham Community Hub, Perth	10:30 – 13:30

For more information email the Wellbeing Team on [wellbeing@liveactive.co.uk](mailto:wellbeing@liveactive.co.uk) or call us on 01738 454650 or the community engagement team on [CommunityEngagement@pkc.gov.uk](mailto:CommunityEngagement@pkc.gov.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.

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## Alzheimer's Scotland Purple Alert

Alzheimer Scotland wants to help find people living with dementia if they are lost.

With the support of people living with dementia and their carers, Police Scotland and Health and Social Care providers we have developed the Purple Alert app as a way to help find people. The app allows carers to share the person living with dementia's profile if they lose their way and allows for eyes and ears on the ground immediately helping to find them.

Purple Alert is the first app of its kind in the UK and it is available for free download to iOS and Android smartphones.

Alzheimer Scotland hope that it will be downloaded and supported widely by people in Scotland and that it will help find people living with dementia if they are lost.

Download the app on [PurpleAlert.org.uk](http://PurpleAlert.org.uk) and create your profile



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## Your Community PK website & social media



Find a huge range of information on activities in your local area at [www.yourcommunitypk.org](http://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:

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## Locality Leads Update

I would like to thank everyone who participated and responded to our recent consultation and engagement around Perth & Kinross Health & Social Care Partnership which will help shape and inform our future Strategic Plan. During this consultation I met many local people and heard many different experiences of support received and given by the partnership, thank you to all who told me their personal stories.



In Crieff Community Hospital we are continuing to support health and wellbeing groups to use the community hospital with a new exercise class, a recovery group, Mindspace counselling services and some local groups who need space to provide health and wellbeing support. The new GP contract also means that we will be providing more clinics in both St Margarets Community Hospital and Crieff Community Hospital.

In Kinross the Loch Leven Advice Hub within the Health Centre continues to grow and the Partnership continue to work towards a hub for care and treatment to deliver services that traditionally were delivered by your GP practice.

Lindsey Bailie - South Perth & Kinross Locality Manager.

## Public Partners Update



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](mailto:publicpartnerspkijb@outlook.com) or contact Fiona Johnstone on 01796 567076 who will arrange for a representative to contact you.

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## 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: Stephanie - Strathearn/Strathallan & Kinross 07497 943125 / [SCameron@pkc.gov.uk](mailto:SCameron@pkc.gov.uk)

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

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## 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 your stories to us by 19<sup>th</sup> December 2019 for the Winter issue January 2020.

**Stephanie Cameron -Strathearn/Strathallan & Kinross**

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