

your

community PK

An Initiative from Perth and Kinross Health and Social Care Partnership

## North Perthshire Locality Newsletter: January 2020

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

### Don't Miss Out!

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## Highland Update

### Heartland FM



Living in a rural setting has many and obvious advantages but equally there are also disadvantages. One area that is always flagged up during any community consultations is the access to information and advice about the new Integrated Health & Social Care plans. Heartland FM identified the need for better dissemination of facts, service providers, eligibility, and consistency in delivery of crucial information.

We set up a weekly radio show which lasts an hour on Wednesday at 12 noon, to feature at least three interviewees each week on related health and wellbeing topics. The topics can vary widely as would be expected given the enormity of the subject matter. From very local transport issues which create difficulties for employment, hospital visits, access to doctors and dentists and befriending schemes in very rural areas to national charities and campaigns we cover as much as is available.

The programme is repeated on a Saturday morning at 9am, the interviews are uploaded as podcasts and accessed through our website as a listen again service <https://soundcloud.com/heartlandfm/sets/health-and-wellbeing> and can also be sent out to participants and third parties to be distributed via their networks. Heartland FM also promotes them via social media and feeds them into our new online magazine IRIS, <https://www.heartlandfm.org/> Here the audio or video links are embedded into the pages with copy written given further details and contact information along with photographs. The information they contain is important to our community and using numerous platforms to complement the traditional FM broadcast helps us achieve that.

The show has gained a big following with our social media figures and podcast downloads giving very positive feedback. We are delighted that this show won second place for the Best Community Radio Programme, in the 2019 Community Radio Awards. To be in the top 5 in the UK, is a great achievement as the show only began regular transmissions in early 2019. We would like to encourage as many groups who have Health and Well Being Services, beneficial to The Highland Perthshire area to get in touch to discuss the options available to bring your topic or service to air.

Don't worry, interviews are usually pre-recorded, and we will be edited if needed before transmission. Really looking forward to hearing from you. Contact Alistair Smith, Station Manager at our office on 01796 474040 or email [station.manager@heartlandfm.co.uk](mailto:station.manager@heartlandfm.co.uk)

## Aberfeldy Care and Treatment Hub

The initial concept of providing more locally based community services for the Aberfeldy & Kinloch Rannoch Community has now become a reality. The Aberfeldy model of care short life working group met at the end of October to discuss the significant progress made in recent weeks and finalise any outstanding work prior to the opening of the new treatment and care hub.

Almost all the required adjustments to the property and care environment have now been made and standards in security, fire regulation, infection control and safety standards have been met. Since the beginning of November, the new hub has been open operationally to staff. The Scottish Ambulance Service are now using the hub as a base out-of-hours and provide response to the Aberfeldy and Kinloch Rannoch Community from this base, during evenings, nights and weekends. The delivery of clinic services will be implemented in a phased way. The first community group met within the hub on Monday 11<sup>th</sup> November and clinics will commence in the coming weeks as services prepare and are ready to deliver.

Further scoping of the NHS Near Me video consulting service will continue to be carried out. This could be provided for some clinics within Aberfeldy, with support from eHealth. This could be beneficial for service users in appropriate settings, whilst face-to-face consultation is considered most appropriate in some circumstances. Engagement with the community will continue during the phasing of all new services and information will continue to reach the local community through the Health and Social Care Newsletter and the Quair.

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## Care and Wellbeing Co-operative



The Care and Wellbeing Co-operative – a group of rural Perthshire based self-employed professionals, carers, therapists and well-being specialists – has a new Project Co-ordinator. Pitlochry-based Hayley Groves took up post with the innovative initiative at the start of December and brings a range of experience to the role.

A trained speech and language therapist with her own business, Hayley has also worked with the NHS in both England and Scotland and has significant experience in the health and care field. She also has a background in media and communications. Hayley has been a member of the Care and Wellbeing Coop and says that she is very excited about what the future holds. Working alongside local communities, the Health and Social Care Partnership, private care providers and voluntary sector groups, the Care and Wellbeing Co-op, which was set up in 2015, aims to support people, in particular older people, those with additional needs and health problems, to lead the life they want in their local community.

It also aims to create and support a network of micro-businesses and social enterprises delivering a range of services within the care and wellbeing sectors, in a variety of different ways. Its members - who are based in all parts of rural Perthshire from Kinross to Kirkmichael, Crieff to Coupar Angus and everywhere in between - offer everything from respite support, community care services, independent living solutions and befriending to sports massage, counselling, stress management, herbal medicine and therapeutic gardening.

As Project Co-ordinator, Hayley will be responsible for assisting rural communities across Perthshire to identify care needs and offer place-based solutions. The position also includes responsibility for raising awareness of self-directed support (SDS) and the work of the Co-op itself. For further information on the Care and Wellbeing Co-operative, please see the website at [www.thecareandwellbeing.coop](http://www.thecareandwellbeing.coop) You can also follow the Care and Wellbeing Co-op on Facebook and Twitter.

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## **Strathmore Update**

### Stanley Men's Shed – The Orchard



The Stanley Men's Shed is hoping to create a community orchard for the village of Stanley with help and support of all the villagers (young and old) with the assistance of Historic Environment Scotland who have given us the land beside Stanley Mills. There has been huge support from the community of Stanley to support this project and a number of organisations from the Community Council, Development Trust and Stanley in Bloom to name a few. This project will bring the community together as everyone will have a role to play in shaping the Orchard. At this particular time we are looking for volunteers to tidy up the site and to get the site under control with weeds and wild grass, so it will be hands on to get the site ready for planting the hedges and trees. For further information please contact Alex at [cobystanley@btinternet.com](mailto:cobystanley@btinternet.com) 01738 828555

## Blairgowrie & District Next Steps Walking Group

Blairgowrie and District Next Steps, one of the premiere health walking groups in Scotland have now delivered 1000 Advanced walks since 2005, which does not include around 650 easy walks done in parallel on a Wednesday since 2004. In celebration on 7th November they took a short trip to Glenderby in Kirkmichael. The weather was cold and damp, but the sun did come out occasionally, and we were joined by some of the original gang and old friends.



They have collectively walked nearly 102 thousand km (63,000 miles), climbed 3,900 km (2,400 miles or 10 times the altitude of the ISS), and filled 10,200 walk spaces. These are all individual events and do not take account of many multi-day treks, and other activities undertaken in the programme, so that makes well in excess of 1000 days! The average walk is just over 10km with 400m of ascent.

Their goal is not to be nothing-but-strenuous but to allow inclusion of most abilities and to encourage people where necessary to explore new things and extend personal boundaries with new experiences. With most of the hills and treks being done more than a few times too! Within their activities they have also undertaken numerous NGB standard first aid courses, ran the Blairgowrie Walking Festival, and helped the Blairgowrie Community Markets as a fund raiser. While obviously the leader has been involved in everything collectively done, it wouldn't have been possible without the many loyal participants who keep coming back for more. So, a big thank you and congratulations to all.

Further thanks go to Sue Cole, who watches in the background does fund raising and back office support (as well as the town walks on a Wednesday), and combined with Charlie Davidson has helped move the minibus to allow our linear activities. All the advanced and adventurous activities have been achieved since summer 2007, making them one of most ambitious and successful hillwalking/rambler/trekking/outdoor groups across the UK let alone Scotland. And making it even more impressive is that the average age of the group is in 2019 just over 70, and 65% of them are female.

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## Strathmore Christmas Lunch



More than 80 people attended a free community Christmas lunch in Rattray Church Hall.

The event was organised by Community Connections worker Ashleigh Mustard and Aly Muir from the Friendship Café and was supported by volunteers from the Friendship Café and the Strathmore Centre for Youth Development (SCYD) events team.

A traditional Christmas Turkey dinner was served, and entertainment provided afterward by musicians Tom Walker, Fiona Tosh and Georgie Wark.

The Friendship Café meets every Thursday morning in Rattray Hall, aims to bring people together in a social setting for refreshments and entertainment, and that was the idea behind this vent as well. "It was lovely to see so many Friendship Café regulars join us as well as so many new faces.

SCYD's Ashleigh added "We have held events like this at this time of year for the last couple of years and we wanted to do something bigger this year to benefit more people. The festive period can be quite a lonely time for some people, particularly between Christmas and New Year – some services close, some groups and activities stop running – so we try to do something to alleviate that. We are absolutely delighted with the response to the Community Christmas Lunch this year, it was amazing."

# Carse of Gowrie Update

## Wellbeing Matters



The Carse health and wellbeing network ran a Wellbeing Matters event in St Madoes recently in December. Representatives from organisations such as the Wellbeing Team, Social Work, PKAVS Carers, Mindspace and TEC took part with their stalls providing information and signposting advice. Complimentary therapy taster sessions were also available on the day for unpaid carers encouraging them to sign up as relaxation can be positive for the body and mind. Further events are being planned for other villages in the Carse of Gowrie within the next few months.

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## Invergowrie Community Burns Event

Invergowrie Primary School and the Carse Community Café have come together to plan a Community celebration of Robert Burns. The children will start the by performing their poems and songs followed by a traditional haggis, neeps and tatties lunch with tea/coffee. Anyone is welcome from the Invergowrie community to come along, please phone the school in advance to book on Tel: 01738 454251. The event will be held on Monday 27<sup>th</sup> January 2020 from 10.30am – 2pm at Invergowrie Primary School.

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## General Update

### Recovery cafés in North Perthshire



Three community recovery cafés are now running in towns across North Perthshire with support from NHS Tayside. Community support worker Audra Webster has helped develop the support groups in Aberfeldy, Blairgowrie and Pitlochry. The recovery cafés have a community focus and are intended to be led by people in recovery or with an interest in recovery. They are supported by staff and mentors from Perth & Kinross Alcohol & Drug Partnership (ADP), Hillcrest Futures and NHS Tayside, as well as local community volunteers.

Audra said, *“From my role in the community I first became involved with the existing café in Aberfeldy which was looking for some support and we identified that there was a similar need for recovery cafés to be established in other areas of North Perthshire.*

*“We were delighted to be able to secure funding from the Perth & Kinross ADP to help develop the cafés, which allow people to access advice and support as close to their local community as possible, where previously they would have had to travel to Perth or other areas. The funding assists with advertising, activities and the ongoing development of the groups. The drop-in cafés provide a very relaxed and welcoming environment to support people to improve their wellbeing during recovery from substance use and/or mental health issues in rural areas of North Perthshire.”*

Breadalbane Recovery Café takes place every Wednesday from 2-4pm at Aberfeldy Parish Church

Strathmore Recovery Café has recently been established with its first session taking place last week. It takes place every Monday from 1-3pm at SCYD, Wellmeadow House in Blairgowrie.

The Pitlochry Recovery Café has its first drop-in on Thursday 12 December from 1-3pm in the Atholl Centre and will run every Thursday thereafter.

For more information please contact Audra on 07896 280852 or [audrawebster@nhs.net](mailto:audrawebster@nhs.net)

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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:

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

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

## Ice + Slip = Hospital Trip

Today's lesson...

# Ice + Slip = Hospital Trip



- Don't venture outdoors in snow and ice - you can't always see ice!
- Take your time - don't rush
- Stay active - Being fitter and more confident prevents falls
- Have your vision checked yearly
- Eat a healthy diet and drink plenty of fluids - avoid alcohol
- Wear properly fitting footwear and use walking aids if you need to
- Remove trip hazards in your home and have plenty of light
- Talk to your GP about your medications - some medications can cause dizziness and drowsiness
- Tell your GP if you have fallen!

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For more information on the Perth and Kinross Falls service please contact Tel: 01738 473146

## TEC – Technology Enabled Care



**SMARTFLAT**  
Technology-Enabled Care Services (Perth and Kinross)

**01738 475701/475705**  
for an appointment



Displaying a range of equipment designed to support people to live safely and independently at home for longer.

Technology Enabled Care (TEC) is playing an increasing role in our everyday lives - it has the potential to increase people's choice and control over the support that is offered and can enable individuals to self-manage their own health and wellbeing. The use of TEC is not a replacement for professionals or unpaid carers - it is a compliment to this face to face interaction. TEC can empower and motivate people to self-manage their own health and wellbeing and enable people to keep as active and healthy as possible. Technology can also give unpaid carers reassurance and greater independence by providing a reliable means of checking on their loved ones.

In Summer 2019, the TEC team at PKC opened a new SmartFlat in Carpenter Court Sheltered Housing, Kinnoull Street, Perth. The SmartFlat showcases the use of technology that can support vulnerable people to continue living independently in their own homes. Equipment on display includes internet-linked smart speakers with screens that can receive video calls so that carers can check how someone is doing or to remind them to take their medicine. There is also video doorbells, reminder clocks, pressure, bed and falls sensors, heat and flood detectors to provide early alert of fire or flood in the home. The SmartFlat is available for bookings and is open to staff and members of the public to see how technology enabled care can safely support people to remain independent at home for longer. Drop-in sessions are held between 9am - 4pm on the first Tuesday of every month, and between 9am - 2pm on the third Monday of every month. Everyone is welcome to come along.

Please contact [HRitchie@pkc.gov.uk](mailto:HRitchie@pkc.gov.uk) or [MichelleSmart@pkc.gov.uk](mailto:MichelleSmart@pkc.gov.uk) to arrange a viewing or for more information on TEC. The TEC team is also available to give presentations and demonstrations to community groups and organisations. **SmartFlat**, Carpenter Court Sheltered Housing, 75 Kinnoull Street, Perth, PH1 5EZ.

## Home Energy Advice Team (SCARF)



Scarf delivers the Home Energy Advice Team (HEAT) service across the Perth & Kinross, Angus, Aberdeen City and Aberdeenshire local authority areas. This service is funded and supported by the local authority to help residents heat their homes for less. HEAT offers free and impartial advice either over the telephone or through home visits to homeowners, local authority tenants, housing association tenants and private rented tenants. The in-home, in-depth home visits can help householders reduce their energy use, find the best supplier and tariff to suit their needs, and help them make the switch. Advisors from HEAT also offer an advocacy service to help those in fuel debt. They also provide general energy saving advice that can have you saving energy and money in no time.

To arrange a free home visit telephone 0808 129 0888 or email [heat@scarf.org.uk](mailto:heat@scarf.org.uk) to arrange the most suitable day and time for a visit. Advisors from HEAT can also provide advice at events and information sessions, including presentations, workshops and Q&As. For more information or to book a home visit call HEAT on 0808 129 0888.

## Carers Voice

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; we need your input to ensure that we maintain a current, accurate and well-informed understanding of all the issues affecting unpaid Carers in the Perth and Kinross area. Our 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 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

[perthandkinrosscarersvoice@gmail.com](mailto:perthandkinrosscarersvoice@gmail.com) or Tel: 07856 660 898. Together we hope to make a difference.

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## PKC Community Transport



Community Transport is a critically important service which helps to provide several social welfare benefits. In Perth & Kinross alone, there are more than 30 community transport car and minibuses schemes providing the following wide range of services:

- Tackling accessibility to public transport
- Providing a means for isolated individuals to interact
- Supporting personal independence
- Offering access to health services, resulting in fewer missed appointments and the continued ability for people to live at home

In 2016 Perth & Kinross Council (PKC) established Local Action Partnerships (LAPs) to take Community Planning to a locality level. The early LAP meetings identified that there was a common theme relating to the lack of transport, particularly in rural areas, which restricted access to services, events, activities etc. As a result, PKC provided additional investment of £50,000 in FY2017/18 to develop new community led transport schemes in the Council area. The following four groups received funding:

**Tay Valley Timebank (Aberfeldy)** employed a development officer to create and manage a car scheme and establish a pool of volunteer drivers to support the service. The car scheme aims to provide transport to areas not currently served by public transport. The officer also responds to transport queries raised by residents.

**Auchterarder Community Bus Group** introduced a community led Auchterarder Town Bus Service which commenced on 5 August 2019. – This project will add a currently unmet transport provision in Auchterarder. It would be hoped a town bus service will also help to alleviate some of the town centre parking problems experienced.

**Elder Voice (Blairgowrie)** provide a befriending service in the Blairgowrie area and one part of the service is transport to/from local events and connecting people who would otherwise be in isolation. Where possible, transport is also provided for hospital appointments.

**The Madoch Centre (St Madoes)** purchased a new people carrier to provide a transport facility to convey St Madoes/Glencarse residents to/from events being held at the Madoch Community Centre. The new initiative is a useful resource particularly for those members of the community with no other transport options.

To find out more information about Community Transport in the area go to '**Public and community transport**' page on the Perth & Kinross Council website ([www.pkc.gov.uk](http://www.pkc.gov.uk)).

## Small Grants Available for the Community (Wards 1,2,3)

The Eastern Perthshire Action Partnership (EPAP) is launching a range of small grants which address issues in the local community including poverty, health and social isolation. EPAP covers the three multi members wards of Carse of Gowrie (Ward 1), Strathmore (Ward 2) and Blairgowrie & The Glens (Ward 3).



There are three types of grant available:

**General Grants** of between £501 and £3,000 for projects which directly support the priorities to tackle inequality and build community capacity. These include encouraging young people's voice, addressing issues concerned with low incomes and child poverty, improving employment prospects, addressing issues of social isolation and promoting community transport.

**Small Grants for Young People** of up to £250 for a young person working with a local community group aiming to impact positively on the lives of young people. The funding will also support young people learning new skills e.g. social, planning or leadership skills, working on a short-term project of up to three months.

**Micro Grants** of up to £500 for a variety of initiatives that could benefit local communities.

To apply, please fill complete appropriate application <https://www.pkc.gov.uk/article/21439/Eastern-Perthshire-Small-Grants>. If you have any questions about these grants, please contact the Community Planning Team on 01738 475000 or email [CommunityPlanningPartnership@pkc.gov.uk](mailto:CommunityPlanningPartnership@pkc.gov.uk)

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## The Wellbeing Support Team



The Wellbeing Support Team can offer free short-term support and intervention for up to 6 months to adults aged 16 plus, who have mental health needs such as Depression and Anxiety, or other mental health issues which significantly interfere with the individual's cognitive, social or emotional abilities.

The Wellbeing Support Team delivers person centred and outcome focussed support to individuals and small groups, supporting people to develop self-management skills and strategies to enable them to take responsibility for improved mental health and wellbeing. The

Team can work with people to identify agreed outcomes, and support them to work towards, and move forward, in their recovery journey. The work can include practical, social and emotional support and the development of self-help skills to better manage periods of ill health. This can be in relation to: Assertiveness Training, Coping with Stress, Improving Confidence, Effective Communication, Relaxation Techniques and Anxiety Management

Referrals can be considered for anyone who meets the service criteria and who is willing and able to engage with the support on offer. Self-referrals are encouraged, or referrals can be made (with the consent of the individual) by others – family members, GP, Social Worker, Community Nurse etc. There may be some limitation for the service in meeting the needs of those with complex needs or risk that require high levels of support or supervision due to staffing capacity and resources, but this can be considered at the point of referral.

For initial enquiries about a referral, or to request a referral form by post or email, contact the Project Worker at: Wellbeing Support Team: Blairgowrie & Carse of Gowrie Area - 01250 871519 / Aberfeldy & Highland Area – 01887 822462.

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## Inquiry into Social Care

The future of health and social care is an issue of growing importance within local communities across Scotland. More and more people are keen to ensure that their needs and expectations are met in increasingly challenging circumstances being faced by NHS Boards and local authorities. As part of its Inquiry, the Committee is seeking views from people with lived experience of receiving adult social care or being a carer for someone receiving care. Within this, the Committee is keen to receive responses to the following four questions:

1. How should the public be involved in planning their own and their community's social care services?
2. How should Integration Joint Boards commission and procure social care to ensure it is person-centred?
3. Looking ahead, what are the essential elements in an ideal model of social care (e.g. workforce, technology, housing etc.)?
4. What needs to happen to ensure the equitable provision of social care across the country?

The Call for Views closes on 20<sup>th</sup> February.

Please find the [here](#) link to the recently launched Inquiry into Social Care, which is being undertaken by the Parliament's Health & Sport Committee.

## Locality Leads update

Hello and welcome to the North Locality Winter edition from both Karyn and Amanda. We continue to see and hear about so many positive impacts and developments being made in the North Locality from community connections developing further, to celebratory events and local learning. There are far too many to mention here! We have a fantastic and dedicated team of staff working across our localities and strong leadership through our team leaders and managers. We would like to thank you all for your ongoing support during challenging times.



The focus is on Winter Planning now and the teams are preparing well for adverse weather and maintaining business continuity while continuing to support our vulnerable groups at home. We are actively supporting the Flu Campaign and encouraging all staff to get their flu jab. Our ongoing priority is to ensure communities remain resilient during any difficult weather periods. We continue to develop our locality infrastructure around our Integrated Care Team approach. This vibrant work will continue to evolve. The Aberfeldy Health wing is operational to staff and community groups and we expect clinics to start to become operational in February. We have invested in new technology to allow patients to arrive at Aberfeldy CCATS to receive their consultation through video conferencing negating the need to travel out of the locality to Ninewells and PRI. Its early days but has huge potential. This work is rolling out across Blairgowrie and Pitlochry also and we will keep you up to speed with developments. We are also testing this technology between different staff groups/specialities and patients/carers. A huge bonus for us in rural Perthshire, this could change the way we work going forward. Imagine the impact on our carbon footprint if we don't need to travel around as much!

We have in place our staff for Enhanced Community Support and we are currently recruiting to the social care officers to support. We will continue to share the learning from this project as it develops. We hope to be fully operational in the early 2020 and supported by another Advanced Nurse Practitioner. We are involved in a national piece of work with the I-Hub called Living well and dying well with Frailty, this is an exciting collaborative approach to developing new ways of working and early identification of people with frailty. We will update you as the project develops.

We have to say a goodbye to one of our very knowledgeable and experienced managers, Jackie Daly our Clinical and Professional Team Manager who is retiring from our services and we wish Jackie well on her next adventures.

Amanda Taylor & Karyn Sharp - North Locality Leads

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## Public Partners update

Following widespread community engagement in July 2019 the new Health and Social Care Partnership Strategic Commissioning Plan was approved in December 2019 by the Integrated Joint Board (IJB) and will cover the period from 2020 till 2025. The document can be accessed here: <https://bit.ly/39VxOr7>.

We as the Public Partners will continue to raise the profile of the needs of Service Users and Carers across Perth and Kinross.

Bernie Campbell and Maureen Summers were successfully re-elected as the IJB Carer representatives for a further two years with the option on an additional year to continue to raise awareness of the rights of Carers and Carers Voice.



The Reference Group continues to meet prior to the Integrated Joint Board meetings to inform individuals of developments within the Health and Social Care Partnership. If you are interested in learning more and helping to shape the future of service delivery within Health and Social Care – please contact Fiona Johnstone (Community Engagement Worker) for further information. The date of the next Reference Group is Friday the 7<sup>th</sup> February 2020 at the North Inch Community Campus from 9.30am till 12 noon.

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.

## Electro Convulsive Therapy



Electro Convulsive Treatment (ECT) is the most effective and evidenced based treatment for moderate to severe depressive illness and can also be effective for psychosis and mania, yet stigma and controversy continues around ECT, in part due to film and media portrayals of treatment e.g. “One Flew Over The Cuckoo’s Nest” a dramatic and dated portrayal of ‘straight’ ECT (without anaesthesia or muscle relaxant) set in the 1950’s....

ECT is no longer delivered in this way but remains controversial with some believing the treatment should be banned and others claiming treatment saved and gave them their lives back.

### What and who are involved in ECT

A highly specialised team of staff including: Consultant Psychiatrist; Consultant Anaesthetist; ECT Nurse; Anaesthetic Nurse; Recovery

Nurse and Nurse in charge of Recovery must be present for every treatment. Patients also have a trained Escort nurse present during the entire process of treatment.

A General anaesthetic is given, and this puts the patient to sleep, a muscle relaxant is then given. A carefully calculated electric current is passed across the brain via electrodes, for approximately 3-4 seconds by the psychiatrist. The effect is to trigger an epileptic type seizure, but because of the muscle relaxant there will be little movement of the body. The patient’s recovery following treatment is exactly as would be in case of undergoing a surgical procedure in Theatre.

A course of ECT is generally up to 12 treatments given twice weekly as an inpatient, however if patients can satisfy safety requirements for outpatient treatment we can and do deliver this intervention, affording choice in care and treatment.

All ECT Suites throughout Scotland work to National Standards, as set by Scottish ECT Accreditation Network (SEAN), a national audit project which in 2008 became part of NHS Information Services Division (ISD). SEAN aim to maintain, monitor and where appropriate, improve the already high quality delivery of ECT across Scotland. This is achieved through a series of accreditation visits to all ECT clinics in Scotland.

SEAN actively encourages service users and carers to contribute to practice via the Reference group which feeds into the Steering Group and attendance at the Annual Conference.

100% of ECT Clinics in Scotland achieved Accreditation, 89 % achieved “Accreditation with Excellence”. Our ECT Team at Murray Royal were within this 89%, we also have won Quality Improvement awards from SEAN most recently a runner up award in November 2019.

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## Local Health & Wellbeing Conversations



A fresh new approach is needed to help identify local care and support issues to improve the way we look after people. Local health and wellbeing networks are a chance to bring local people and health and social care staff working in the area together to chat about what matters to people most.

They will provide a space to openly discuss and identify what some of the key local issues and gaps are and allow people to work together in creative new ways to come up with solutions or raise awareness. They are also an opportunity to get a better understanding of the direction of travel and changes that are happening within health and social care services.

Please come along and help make a difference to your local community in a safe and engaging environment!

Future dates for Highland, Strathmore and Carse of Gowrie will be confirmed soon. In the meantime, if you are interested in being part of these conversations please contact Fiona (Highland & Strathmore) on 01796 474606 or [FJohnstone@pkc.gov.uk](mailto:FJohnstone@pkc.gov.uk) and Heather (Carse of Gowrie) on 01738 475243 or [HShields@pkc.gov.uk](mailto:HShields@pkc.gov.uk)

