

your

community PK

An Initiative from Perth and Kinross Health and Social Care Partnership

South Perthshire & Kinross Locality Newsletter: January 2020

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

Kinross Centre

We are open Monday to Friday 8.30am to 4pm, and as we are close to local shops and businesses, we can support individuals to access places like the dentist, hairdressers and optician as well as the other local shops.

We have our two-wheelchair accessible mini buses and collect service users from their own homes.

They arrive at The Centre anytime between 10.30am – 11.30am. We provide a friendly, homely atmosphere, as well as a three course lunch at a cost of £6.00 per day.

Before and after lunch we have activities which include: - exercise classes, bingo, curling, relaxation, singing, Tia chi, worship and board games including a very popular choice of dominoes. We also have day trips, and an annual holiday, which takes place around April-May. This year Oban is our destination.



The Centre is great for senior members of the community to get out of the house, meet new people, enjoy the company of others and have a nutritious meal without all the difficulties of cooking and washing up.

We are very flexible with times; service users don't have to stay the whole day if they don't want to. We have a bus run after lunch and also if they don't want to take part in the activities we have a quiet lounge for them to sit in. We are all about choices.

We support individuals to be a valued part of the community to live independently in their own homes as long as possible, while enjoying meeting new people. If you would like to know more about The Centre as either a service user or a volunteer, please Contact Nan Cook, manager, at 01577863869.

Oudenarde Community Cabin



The Oudenarde community cabin is on Clayton Road, Bridge of Earn, PH2 9AG. A new 'community cafe' style drop-in will start at the cabin on Tuesday 7th February and is planned to continue on the first Tuesday of every month. Shona Fowler from HSCP Healthy Communities will support the start-up of the cafe and will include signposting and information from

support agencies such as welfare rights and citizens advice. Come along and see what information we have to share, tell us your ideas or just come for the coffee and chat!

If you require further information please contact - Shona Fowler, NHS Healthy Communities Project Worker
Email: shonafowler@nhs.net, Mob: 07896 280843.

Loch Leven Health Centre – Local Advice Hub



The Advice Hub is a 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, 9:30am to 12:30pm

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 that can benefit your wellbeing, the Men's Shed, a book group, a gentle exercise group, an Arts/ languages class, or volunteering? Pop in and have a chat with Shona.

- **First Thursday afternoon of the month** – Are you living with dementia or supporting someone who is living with dementia? If you would like to have a chat, or need more information, come to the drop-in between 2-4pm and meet Fiona Matthews, the local Alzheimer Scotland Dementia Advisor.
- **Second Thursday afternoon of the month** – PKC Social Work department will have a worker at the hub between 2-4pm for advice and/or signposting to services.
- **Third Thursday of the month** – PKC Housing Team will have a worker available between 2pm and 4pm for housing advice and signposting to their service.
- **Last Thursday afternoon of the month** – PKC Wellbeing Team will have a worker at the hub for mental health advice; signposting and information between 2pm – 4pm.

Fridays - Signposting and support with benefits, 10am and 12.30pm

Maybe you need help with a CV or to complete application forms. Perhaps you are a carer or have a young family and are unsure of your entitlements? Maybe you're on low income and not quite making ends meet?

- **First Friday of the month** – specialist MacMillan Welfare Rights will be available.
- **Second Friday of the month** – Broke Not Broken will be available for a chat about accessing the Food Bank at the Beacon or help with completing a Welfare Fund Application form. If you would like to make an appointment please contact: admin@brokennotbroken.org.
- **Third Friday of the month** – PKC Employment Connections support will be available.
- **Fourth Friday of the month** – DWP Disability Employment Adviser will be available.

Shona will also be there to support with social prescribing/community connecting every Friday morning.



Department
for Work &
Pensions

If you prefer an appointment or require further information on any of the above please contact - Shona Fowler, NHS Healthy Communities Project Worker, Email: shonafowler@nhs.net, Mob: 07896 280843 or Clare at Broke not Broken, Email: clare.slight@brokennotbroken.org.

Dance & Sing Event

Dance & Sing



Do you like to enjoy yourself?

We would love to see you:

Friday 14 Feb 2020

1.30pm – 3.30pm

LOCH LEVEN COMMUNITY CAMPUS
The Muirs, KY13 8FQ, KINROSS

Come along have a Dance to some great music
Thanks to Select Entertainment we have Linton Osborne playing on the day

Fun Entertainment

Tea, coffee and a buffet.

Free Raffle

If you require transport please get in touch we may be able to help.

Free Admission

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LOCH LEVEN COMMUNITY CAMPUS The Muirs, KY13 8FQ, KINROSS
Fun Entertainment: Tea, coffee and a buffet; Free Raffle; If you require transport please get in touch as we may be able to help; Free Admission.
Organised by Kinross-shire Community Learning and Development Group, in partnership with Kinross Volunteer Group & Rural Outreach Scheme and Kinross Centre.

For further information please contact: Tracey Ramsay, Community Education Worker Tel: 01577 867124; Email: tramsay@pkc.gov.uk. Or Shona Fowler, Healthy Communities Tel: 01577 867218

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Better Place to Live Fair

**Kinross-shire Community Learning and Development Group
Loch Leven Community Campus
Saturday 30 May 2020
10am – 2pm**

After the successes of the previous Better Place to Live Fair Events the KCLDG invites you to take part in the event for 2020. The purpose of the fair is to provide an opportunity for the community to celebrate what Kinross-shire has to offer.



This is a fabulous opportunity to showcase what your group/club/organisation and small businesses can offer/share.

Why not take this chance to interest people by offering hands-on taster sessions, demonstrations, or to try out an activity.

BOOK NOW

Please return booking form as soon as possible but no later than 27th March 2020

Booking forms are available from the following links:

www.kinross.cc/cld_group/events.htm

Alternatively please contact:

Tracey Ramsay - Senior Capacity Building Worker
Loch Leven Community Campus, Muirs, Kinross, KY13 8FQ
Email: TRamsay@pkc.gov.uk, Tel: 01577 867124



Strathearn & Strathallan Update

Duchlage Court Sheltered Housing Complex, Crieff

Duchlage Court had their annual Christmas party on 3rd December with food supplied by The Meadow Inn. The nativity play took place on 11th December performed by children from St. Dominic's Nursery which was thoroughly enjoyed by residents. Peter Brock (Pedro), a local artist, visited Duchlage Court with a selection of books. Of particular interest was a book on the subject of the old Crieff Primary School. Residents appreciated the opportunity to see pictures of family members in the books. Pedro also applied his artistic talent by drawing caricature pictures of some of the residents.

Compassionate Communities

The Compassionate Community initiative has been given a boost with some Community Investment Funding. This will mean that real steps can be taken in developing the 'Welcome Home' idea, when people coming out of hospital who live alone – regardless of age or circumstance – will be given a package of goodies to help them settle back into their home. This has been running in Inverclyde for a number of years with a huge support from donations and local volunteers who have worked together to keep their 'Back to Home' boxes running successfully. This will be a great co-production, supported by Check-In Giraffe, drawing in the many community groups who are already active across Strathearn.

Another strand to the Perth and Kinross Compassionate Community work is an application to be part of the 'Truacanta' project, funded by Macmillan, which will run for two years, looking at better ways to support our citizens and communities to manage loss, grief and bereavement. It is something which has touched and affected every one of us, but many of us still find it difficult to talk about. We hope to hear whether we have been successful by the end of January. Some ideas we suggested in our application were to have better support for carers who have experienced loss, a phone check-in for anyone who is struggling with loss or grief, working with primary schools to encourage more open conversations about relatives who aren't going to get any better, and a 'month's mind' where someone will receive a card or visit a month after their loss.

In November, we held an event around this called 'To Absent Friends' and you can watch the video here:

<https://www.youtube.com/watch?v=prOuO-x7A8Q&feature=youtu.be>

Remake Scotland in Crieff



Remake Scotland is a Crieff based community reuse charity and is run by local volunteers and staff. Remake's purpose is to promote the reuse of materials for the benefit of our community.

The Benefit of Arts & Crafts

Throughout the month of January our focus here at Remake will be on Arts and Crafts and we will have a huge range of stock from Saturday 4th January from 10-4pm when we reopen for 2020.

The long month of January offers the opportunity for us all to take up a new activity and what better than arts and crafts. It is the perfect pursuit for those dark, chilly evenings, one that can be tried alone or enjoyed with family or a group of friends. Other health benefits are that certain arts and crafts activities offer maths and geometry challenges, which helps to keep the brain sharp! Not everything is enjoyable and healthy but arts and crafts fall firmly within both of these categories. It aids emotional well-being, can help to reduce stress, gives you a lovely end product and if you shop here at Remake Scotland is cheap and great for the planet too.



Textile Reuse & Repair Demos

From Thursday 9th January, every Thursday and Saturday afternoons at 1.30-3.00pm, we will be running in-store repair and reuse demos in the fabric section of Remake.

Sewing & Craft Room

Remake is delighted that our new Sewing Room is now open and the refurbishment has been kindly supported by Foundation Scotland, Strathearn Decides, National Lottery Community Fund Scotland and by Rural Perth & Kinross LEADER Programme 2014-2020: The European Agricultural Fund for Rural Development: Europe investing in rural areas.



Love to Sew Beginner's Sewing

Why not learn to sew with Remake? We have a fun and informal beginner's programme running fortnightly on a Thursday afternoon from 2.30-5.30pm for 6 sessions starting Thu 16 Jan 2020. Email Fiona Gilbert at fiona@remakescotland.co.uk for more details.

Dates for the Diary

- Thu 16 Jan from 2.30-5.30pm – Love to Sew Beginners Sessions 6 weeks running fortnightly (Thu 16 Jan, Thu 30 Jan, Thu 13 Feb, Thu 27 Feb, Thu 12 Mar, Thu 26 Mar)
- Thu 23 Jan & Sat 25 Jan from 1.30-3.00pm - Repair and replace zips (in-store demo)
- Thu 30 Jan & Sat 1 Feb from 1.30-3.00pm - Denim into phone charge station (in-store demo)
- Thu 6 Feb & Sat 8 Feb from 1.30-3.00pm - Over-patching stretch & woven fabrics (in-store demo)
- Thu 13 Feb & Sat 15 Feb from 1.30-3.00pm - Pillowslip into kid's sun dress (in-store demo)

Drivers Needed

You may have seen our Remake Van out and about. As a Volunteer you would be part of the team who zip about the area collecting donations and delivering items. To join this merry band, you will need a clean driving license, be prepared to be physically active and commit to a block of 3 hours. This is a fun and enjoyable job..... no two shifts are ever the same! We LOVE our volunteers and are looking for more! Interested? Contact Fiona Airey by email on fiona.@remakescotland.co.uk or 01764 655733.

Opening times

Wed 10am-2pm, Thu 10-6pm, Fri 10am-2pm & Sat 10am-4pm. Remake is based at Unit 2, Crieff Visitor Centre, Muthill Road, Crieff PH7 4HQ. Tel 01764 655 733.

Auchterarder Archway Community Wellbeing Café

The Drop-in café takes 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.



2020	Organisation
27th January	Carolyn Wilson - Pain Management & Falls Prevention
24th February	Hannah Holmes – Action on Hearing Loss
30th March	Therapets - with visiting dogs! 2pm
27th April	Citizens Advice Scotland

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

General Update

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 or Tel: 07856 660 898. Together we hope to make a difference.

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 20th February.

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

TEC – Technology Enabled Care



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 complement 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 or 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.

Introduction to the Carers Strategy 2019-2022



The Integrated Joint Board (IJB) of Perth and Kinross Health and Social Care Partnership has given its approval to a new Carers Strategy for 2019 to 2022 which commits to making service changes required to better meet the identified needs of both young and adult carers locally.

The strategy, which was developed in partnership between Perth & Kinross Council, NHS Tayside, PKAVS Carers Centre and Carers Voice was agreed by members of the IJB on Wednesday 6 November 2019. It sets out a continuing commitment to supporting carers and presents 7 outcomes which will reflect a change in carers' experience over the three years of the strategy, with the aim of ensuring that service provision is flexible enough to respond to changing needs.

The new Strategy builds on what has already been achieved locally to give carers access to appropriate help and assistance, including options for short breaks, a telephone befriending service for older carers, social prescribing and statutory support services for carers tailored to their individual needs. The IJB considered the specific commitments for the next three years set out in the Strategy and also agreed to receive annual reports on its progress.

Health and Social Care Partnership Chief Officer, Gordon Paterson said: "Unpaid carers make a vital contribution to the lives of the people they support and the communities they live in. This is often overlooked or taken for granted, particularly as they often do not identify as, or recognise themselves as being carers. We hear often from carers about the positive and rewarding aspects of their role and how it brings a family closer together, however this responsibility they assume is often at a cost to their own health and wellbeing.

Our commitment to unpaid carers has been reflected in the dedicated Carers Strategy Steering Group through which this strategy has been developed together with local carers, the Health and Social Care Partnership, Education and Children's Services and PKAVS, so we can deliver on the provisions of the Carers (Scotland) Act 2016, and ensure that unpaid young and adult carers get consistent support so they can sustain their role for as long as they are willing and able to do so, keeping families together longer in their own homes."

Unpaid carers in Perth and Kinross who would like to know more about the types of support available to them can find further details and useful links online at www.pkavscarershub.org.uk

The Carers Strategy for 2019 to 2022 can be located online at www.pkc.gov.uk/article/14243/Carer-Strategies-and-Policies

New Recovery Cafes across Perth & Kinross



There are several new community recovery cafes now running across Perthshire, supported by the Health & Social Care Partnership. These have been funded by the ADP (Alcohol and Drug Partnership). Aberfeldy, Blairgowrie and Pitlochry are supported by Audra Webster and Liam McLaughlin and local volunteers. Kinross and Crieff Cafes are supported by Shona Fowler and Hillcrest Futures workers with Letham4All Recovery Café being the newest member supported by Bridie and Chelsea and now means that recovery cafes exist throughout Perth & Kinross-shire.

The recovery cafes have a community focus and are intended to be led by people in recovery or with an interest in recovery and people with lived experience. The cafes 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 City Centre, or other areas.

The funding assists with advertising, activities and the ongoing development of the groups. Importantly in the words of Audra Webster, 'the drop-in cafes 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, or non-city central areas'

The Cafes:

Strathmore Recovery Café meets every Monday from 1-3pm at SCYD, Wellmeadow House in Blairgowrie

Kinross Recovery Café meets every Tuesday from 1-3pm at the Millbridge Hall Centre

Crieff Recovery Café meets every Wednesday from 10-12pm at Crieff Cottage Hospital

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

Pitlochry Recovery Café meets Thursday from 1-3pm in the Atholl Centre

Letham4All Recovery Café meets Thursday from 1-3pm in the Letham Centre

For more information please contact Liam McLaughlin Tel: 01738 476966 or email: LJMcLaughlin@pkc.gov.uk

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: Crieff Area – 01764 657861 / Kinross Area – 01577 867318.

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.

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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- Tell your GP if you have fallen!**

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

Your Community PK website & social media



Find a huge range of information on activities in your local area at www.yourcommunitypk.org
You can add details of your community group activities online for free by submitting your listing.
Follow us on Facebook and Twitter for news & updates about community events and organisations:
www.facebook.com/YourCommunityPK www.twitter.com/YourCommunityPK

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).

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.

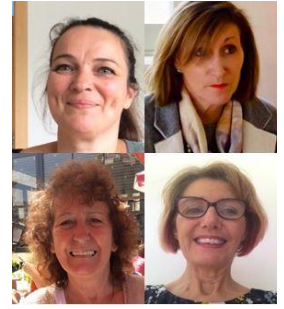
In-Home advice, managing your fuel spend can be difficult. Your household circumstances, your property, your lifestyle, your heating system - all can affect your bills. That's why our Home Energy Advice Team (HEAT) provides free home visits. They'll get to know you and your property to provide tailored advice, helping you heat your home for less. Advisors can identify ways to make your home more energy efficient as well as assess your home for damp and condensation problems. 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 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.

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 7th 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 or contact Fiona Johnstone on 01738 567076 who will arrange for a representative to contact you.

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 Kinross, Auchterarder and Crieff will be confirmed soon. In the meantime, if you are interested in being part of these conversations please contact Stephanie on 01738 476134 or SCameron@pkc.gov.uk

Tell us Your News!



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

Please send any stories to us by 1st March 2020 for the Spring issue which will be issued in April 2020.

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