



OWAL HEALTH & WELLBEING NETWORK

29th January 2013

Community Education Centre, Edward Street, Dunoon PA23 7PJ

Minutes

Present Michaela Goan, Gwen Harrison, Alison Hardman, Carol Muir, Margaret Turnbull, Margaret Stevenson, Laura Stephenson, Pauline Livingstone, Alan MacRaid, Ailsa Dominic, Fiona Duncan, Sue Clarke
Apologies none

Minutes approved

Matters Arising

- registration of members – people are reminded to get registered!

Health & Wellbeing Partnership update

Rolling Out the Keep Well health checks in Cowal

Keep Well is being rolled out across Argyll and Bute targeting areas of deprivation and the 40 – 65 age group. Alison Hardman Health Improvement Team is managing it and Carol Muir Health and Wellbeing Coordinator supporting. They are using a community development approach / coproduction, and will use VOICE as a planning tool.

<http://www.voicescotland.org.uk/>

Therefore while the health checks will be done in Dunoon in 2014 the ground is being laid by developing links with local agencies that can help roll it out, and raising awareness with the public by holding events. Has been done in Campbeltown, and will be done in Oban.

Very much a team effort and hope for a lot of local collaboration. Keen to piggy back on local events this year to develop their presence. Asset mapping is important so that social prescribing can be done.

The health checks won't be done through GP surgeries, and marginalised groups need to be reached, so have to think of alternative ways and imaginative ways of getting people to have health checks. For marginalised groups health checks will begin at 35 eg ethnic minorities, gypsy travellers. Won't be done in health care settings and does not need to be done by a nurse.

1. identify key events to come to and bring footfall
2. anticipatory care planning to put preventative measures into place for individuals who will be offered 5 year review.

3. we will want social prescribing, pathways for everything and guided self help workers.

Rock up in Red event in Dunoon 20th March – collaborative event focusing on British Heart Foundation Rock up in Red, heart health with health checks, Local Produce organisation from MAKI. Will have the Barrowband <http://thebarrowband.com/> with their veggie songs, smoothie bike, local food and cookery demos.

Brainstorming about who and how to involve others was done and CHWN locally will lead on set up, AVA will support in a range of ways, Ailsa will contact local chef.

Cowal Health and Wellbeing Network

- Local Health Improvement Plan – template not ready yet
- Health Promotion Calendar of events shared
- Information sharing

Yvonne is a new project worker for Survive and Thrive which offers support and training for survivors of violence against women. There is face to face support then if appropriate they take the steps course. Signposting opportunities etc

<http://argyllvoluntaryaction.org.uk/about-us/our-work/survive-and-thrive>

Angela The Rural Skills and Employment Summit is coming – developing skills for the rural economy, focus on youth unemployment.

Pauline Befrienders supporting 13 more people than usual the service is at capacity. More intensive help needed Factsheets and newsletters available – we have an information service. We are doing research in the Oban area to scope the need for befriending for older people.

Dee Homestart increasing number of referrals, by a third. Another 10 volunteers recruited on Bute

Alan Interloch Transport 15 new referrals in last 3 months. Attending A&B transport meeting – first last week.

Eddie Strathclyde Fire Brigade looking at Bonfire Strategy.

Fiona Oral health attended a child smile symposium in Glasgow. WHO are using the Scottish model for Eastern Europe. Cancer awareness month coming up.

Reports from H&WB funded Projects

Dementia Awareness Training done in Stirling and will now be cascaded to Befrienders – then will look at offering it to other agencies.

Interloch Express is developing services for those who want more of a taxi service eg 2 people are supported to get to James Watt college – involves

liaising with the Ferry etc. This is filling a gap for those who would find it difficult to access services and training etc .

Cooksafe demonstrations done in sheltered housing to reduce fires, callouts re smokealarms and encourage healthy eating.

Red Cross range of services, medical loan, home from Hospital, massage, transport.

Health and Wellbeing Grants presentations

Social Activities for Older People, AVA; Windows onto Life, Living Pattern Community with Link Club; Hyperbaric Oxygen Therapy, Fathoms; Everyday Mindfulness, Crossroads.

AOCB

Bid Scoring

Applications awarded funding are:

Social Activities for Older People, AVA; Windows onto Life, Living Pattern Community with Link Club; Hyperbaric Oxygen Therapy, Fathoms; Everyday Mindfulness, Crossroads. This meant we went over our funding allocation but there was underspend we were allowed to use.

Next deadline for applications for CHWN funding 14th June,
to be considered at 26th June CHWN meeting

**Lorna Ahlquist Cowal Health and Wellbeing Network Coordinator
c/o Community Education Centre, Dunoon PA23 7PJ
07585707753 Lorna@cowalccf.org**