



COWAL HEALTH & WELLBEING NETWORK
22nd January 2014

MINUTES

Present: Lorna Ahlquist, Fiona Duncan, Carol Muir, Laura Stephenson, Angela Coll, Ailsa Dominick, Duncan MacLeod, Pauline Livingstone, Agnes Harvey, Eileen Lea, Marjory Barton, Sue Clarke, Susan McFadyen

Apologies: Alan MacRaild, Liz Marion, Deby Rough, Fiona McRoberts

1. WELCOME AND INTRODUCTIONS

Lorna welcomed everyone to the meeting. There were introductions during which Pauline informed the meeting that she is retiring as Coordinator of Cowal Befrienders and that Duncan is taking on the role from 1st February. Fiona thanked Pauline for a great job done and this sentiment was echoed by the meeting.

2. MINUTES AND MATTER ARISING

Minutes of last meeting approved.

Matters arising:

RECYCLING

Lorna was due to give a presentation at the Area Committee re ideas for recycling but there was a misunderstanding and she was not included on the agenda. The presentation will be considered in her absence at the next meeting. Fyne Homes are also looking at recycling but this is moving slowly. At the moment Fyne Homes in Rothesay receive gifts of furniture which they pass on whereas Carr Gomm are looking at refurbishing. There is a retired policeman who does bike fixing/recycling at the Link Club (Duncan MacLeod). Agnes asked if Lorna's presentation could be shared with CHWN. Lorna said yes. **Action Susan to distribute.**

RAISED BEDS AT COWAL COMMUNITY HOSPITAL

The Mental Health Team may be involved in the use of these. Looking at a partnership between the Allotments Group, Carr Gomm and Community Mental Health Team, possibly to develop vegetable growing. It was noted that the garden patch behind Dochas Lodge was used by Mental Health clients and that it may still be available for use.

"COULDN'T CARE LESS"

Eileen asked if the play is available to view online. **Action Susan to investigate and inform the group.**

CITIZENS ADVICE BUREAU

There is an Argyll & Bute CAB and they will come to Dunoon – based in Oban. Fiona has the details of how this is organised. **Action Fiona to send info to Susan for circulation.**

BEREAVEMENT COUNSELLING

Eileen asked why out of 7 trained bereavement counsellors there are now only 2 left on the team. It was thought that this was the nature of voluntary counselling and that people had simply developed other priorities.

FIRE SAFETY

Eileen asked how to obtain smoke detectors with ten year batteries. These are obtained through a Home Safety visit by Scottish Fire and Rescue and the batteries are replaced free of charge.

RVS MOBILE LIBRARY SERVICE

There is an RVS mobile library service where a person will sit with a client and go through a book with them for up to 30 minutes.

3. COWAL HEALTH AND WELLBEING NETWORK

NEW COORDINATOR

Susan was unanimously voted in as Cowal Health and Wellbeing Coordinator, effective 1st February 2014. There were also 6 proxy votes received in Susan's favour. There was a suggestion that a separate Chair and/or Secretary could be recruited. Susan suggested chairing the next meeting and using a voice recorder to assist with minutes and to see if this works – if not then look at separate chair/secretary.

FOOD AND NUTRITION PROJECT

Lorna has been involved in trying to develop a food and nutrition project through RCOP.

KEEP WELL – Carol Muir

Keep Well was in Campbeltown last year and this year will be in Dunoon. Offering cardiovascular health checks to 40-64 year olds for mainstream population and 35-64 for minority groups. Carol will be in Morrison's 23rd January promoting Keep Well, there is a Healthy Eating Keep Well event with a local chef upstairs at Seasons Café 23rd January and Keep Well will have a stand at the CCCF Conference 24th January. Looking at doing a recipe book with local chef Alison Sykora. If anyone wants info about Keep Well then contact Susan. Keep Well will be in Dunoon on and off for the next 12 months. We need to encourage people to go for it in order to get the most appropriate people who would

benefit. Agnes said that she was due to have a visit from a Keep Well facilitator but it was cancelled due to bad weather and that she hopes to reschedule it.

INFORMATION SHARING

Agnes

Cowal Alcohol and Drugs Forum

Last year tried to put spotlight on young people and support to young people. Now trying to look at a whole systems approach. Planning a conference/workshop to bring together STEPS and PX2 facilitators, strategic decision makers, funders and other people. Funding has been identified to try and pull these people together. Everyone is welcome to attend. Carol noted that she is a facilitator and would be happy to attend.

Kaleidoscope

Kaleidoscope is now offering much more structured support which is getting good responses. Eileen asked if gambling support is offered. Agnes answered that it is.

Pauline

An advert is going in the local paper this Friday for a part time worker to do falls prevention classes in partnership with the Physio Team and Argyll Voluntary Action.

Third bus is ordered and should arrive in the next couple of months. Have employed a new Information Officer – Wendy Thomson.

Eileen asked if the befriending service is only for the elderly. Pauline said yes unless a client suffers from early onset dementia.

Janet

Lottery funding obtained for the next three years. Have taken Health and Wellbeing funded pilots and made into a program. From 1st March will employ a full time activities coordinator, looking at healthy eating, parenting skills, lifecoaching, football etc.

The other half of the bid is employability which involves an employability coordinator – pathway to work program.

Working with 16-25 year olds in threat of homelessness when coming out of care.

Fiona

Just about to go round care homes in Cowal and Bute – do this once a year to train in oral health.

Oral health DVD – finished 3 min drama section of the DVD. Hoping to have a premiere in Dunoon Cinema on Wed 12th March – No Smoking Day. Already looking at lesson plans and further work around this.

Carol

Also done a DVD around substance misuse. John Martin was involved in this and was great.

Laura

Has books available for age 0-5, “What is a family?”, “If a New Baby Comes...” etc.

Laura gave an update from Health Improvement. **Action Susan to circulate.** Marjory noted that events are sometimes arranged for e.g. 9:30am in Lochgilphead and that this raises transport and cost issues for those without cars or for small organisations/individuals.

Marjory

PACCT - There is a Craft Group 1pm to 3pm Mondays at the Red Cross Centre in Dunoon. Ceilidh once a month in St Mun’s – cost of £3 – most people have learning or physical disability but open to all – always looking for volunteers to help make teas etc. PACCT meetings are once a month. There is a theatre group for younger members and a singing group on Friday nights at the Link Club.

Duncan

Nothing to add to what Pauline said apart from – everyone welcome to call into the Befrienders Office.

Sue

Health Visiting not yet up to full speed with all staff. Doing PSE classes with S5 pupils around parenting – e.g. “this is how children’s brains work”, “this is how to talk to them”. – working with Ailsa on this.

Linking public health in with Keep Well and ensuring pathways of referral are open.

From first Friday in February the Baby Clinic is changing to a Toddler Group – Tiddletots. This will be open to under-fives. There will be a baby clinic every second week as part of this.

Ailsa

There is a change to the Young Persons' Bill which means that nursery provision will increase from 2.5 hours per day to 3 hours 10 minutes. This will affect both local authority and private nurseries.

Active Play is ongoing – 3 blocks of 6 weeks – talk, snack, 45 minutes of activity hands on with parents.

Ailsa has been doing Messy Play – 12 parents/children the first week and 24 the next week.

Argyll & Bute Council has committed with health professionals to Routes of Empathy – this has started in Dunoon Primary where baby and mum go into a P3 class and then visit the same class every 3 weeks.

Eileen

The Dunoon Link Club has been going for about 20 years now. It is a drop in centre for those aged 18+. There is a subsidised lunch twice a week, trips out, swims, badminton, art classes, creative writing and many more activities/facilities. The Health and Wellbeing grant made a big difference.

4. PROJECTS FUNDED IN 2013

Susan gave an overview of projects funded. Lorna said that we are looking for case studies for the Health and Wellbeing website – examples of small amounts of money making a big difference.

Next Meeting Date Wednesday 28th May 2014 12:30pm

Dates for 2014/15:
25 th June 2014
24 th September 2014
27 th January 2015