



COWAL HEALTH & WELLBEING NETWORK

29th May 2013

Community Education Centre, Edward Street, Dunoon PA23 7PJ

Minutes

In Attendance: Lorna Ahlquist, Margaret Stevenson, Pauline Livingstone, Laura Stephenson, Alan MacRaid, Fiona Duncan, Ailsa Dominick, Helen Lambertini, Susan McFadyen

Apologies: Steve Gillen, Liz Marion, Sue Clarke, Verina Litster, Anne Crerar, Angela Coll

1. MINUTES of last meeting approved. Registration forms collected from attendees.

2. REPORTS FROM HEALTH AND WELLBEING FUNDED PROJECTS

- Alan reported on the Essential Services project. The project has been successful with really good feedback. The Health and Wellbeing funding has been very helpful and the project can now be taken forward. A board meeting has been held and a charging formula has been suggested. This will be trialled from 1st July. Helen suggested that Alan present the project to Bute as well as Cowal. Laura and Lorna thought that the place to present the proposal would be the Community Planning Group meeting in August/September. **Action Lorna to talk to Alan at Argyll Voluntary Action about a slot at the Community Planning Group meeting.**
- Fiona reported on the Oral Health DVD which will show how smoking effects Oral health, general health and personal safety and will give young people an informed opinion on oral health. She has met with a professional writer and the film company (Spirit Aid) and has organised free accommodation. Rehearsals will begin at Dunoon Grammar School on June 17th.

3. HEALTH AND WELLBEING FUNDING BIDS

- Alan presented his bid – Prescriptions for the People. He has been asked about the possibility of prescriptions being delivered to outlying areas. A small charge per delivery is suggested, possibly £3 to £5. The meeting wondered if there could be issues with prescription only medicines being picked up and delivered by someone other than the patient. Susan thought that the patient would be able to sign a release to allow this. **Action Susan to investigate further. Update – advice from Ian McFadyen (Pharmacist) – Although he does not think there is a legal requirement he would recommend that there is some kind of paperwork in place.**

4. PRESENTATION BY HELEN LAMBERTINI, Argyll and Bute Rape Crisis.

“Services for men and women who use drugs and/or alcohol as a coping mechanism, having experienced sexual violence.”

Helen gave a very informative presentation. She pointed out this is a free service. In the year commencing 1st April 2012 there have been 138 clients, 26 men, 112 women, 592 face to face support appointments facilitated and 455 telephone support calls facilitated.

Lorna thought that Rape Crisis should make links with the Keep Well Project in order to help reach marginalised groups.

Laura wondered how well Helen thought Rape Crisis works with drug and alcohol services. Helen said that she would like drug and alcohol workers to be aware of Rape Crisis so that they can inform people and maybe give out leaflets to clients as a matter of course. Rape Crisis do not want to be seen as a threat to the funding of other organisations but as a help to existing agencies.

Lorna wondered if Helen was going to talk about the project at the Community Planning Partnership and said that Argyll Voluntary Action were the agency to contact for organising a slot at the meeting.

5. KEEP WELL HEALTH CHECKS IN COWAL

Rock up in Red was a successful event. The food was good. About 100 people used health checks. It was well attended by local schools.

Lesson learnt from Rock up was not to rely on email contact for schools. Best to make personal contact as emails can be blocked/missed/ignored.

Next event is Sandbank Gala – Saturday 15th June.

6. COWAL HEALTH AND WELLBEING NETWORK

- Press release about Health and Wellbeing Funding will be in the Dunoon Observer this week.
- Allocation of funding document will be put on the CCCF website
<http://www.cowalccf.org>
Action Lorna to give document to Susan and Susan to put on website
- **SETTING COWAL HEALTH IMPROVEMENT ACTION PLAN PRIORITIES FOR 2013**

Lorna suggested Health Inequalities and asked for suggestions from the meeting. Ailsa suggested Early Years and possibly Teenage Transition. After some discussion it was agreed that Early Years should be prioritised as the group least funded in the past and that Alcohol should not be prioritised and that any application relating to alcohol should be discussed with ADP.

- **IDENTIFY LOCAL OUTCOMES**

Lorna explained that a local outcomes form needs to be completed for each priority identified.

Ailsa suggested that she could put in key areas from her service plan for Early Years.

Action Lorna will populate background info and bring back for next meeting. Others to think about outcomes before then.

- **WHO DOES WHAT IN COWAL**

Lorna introduced the "Who Does What in Cowal" form. It was agreed that we will try sending this out and see if it is useful. Action Lorna/Susan to send out to CHWN network.

7. HEALTH AND WELLBEING PARTNERSHIP UPDATE

Laura gave an update from Argyll and Bute CHP Health Improvement Team which included:

Campaigns:

- Walk to School Week 20-24 May 2013 <http://www.walktoschool.org.uk>
- National Smile Month 20 May – 20 June 2013 <http://www.nationalsmilemonth.org>
- Dementia Awareness Week 3 – 9 June 2013 <http://www.alzscot.org>
- Diabetes Awareness Week 10 – 16 June 2013 <http://www.diabetes.org.uk/scotland>
- National Men's Health Week 10 – 16 June 2013 <http://www.mhfs.org.uk>
- National Bike Week 15 – 23 June 2013 <http://www.bikeweek.org.uk>
- National Falls Awareness Week 17 – 21 June 2013 <http://www.ageuk.org.uk>

Lorna noted that Dunoon Link Club is holding events for National Bike Week.

Events:

- Safe and Sound, Dunoon 22nd May 2013 – not as well attended as hoped.
- Five Minute MOT's – Keep Well Team, Kintyre Sports Expo 25th May
- Community Development Day – provisional plans for 10th June in Oban. Lorn and Oban Healthy Options Social Enterprise delivering on behalf of NHS.
- Sandbank Gala 15th June 2013 – Keep Well team attending to raise awareness and consult the public regarding the future service in Dunoon in 2014.

**Next Meeting Date Wednesday 26th June 2013 12:30pm
Community Education Centre, Edward Street, Dunoon, GP Room**