



**COWAL HEALTH & WELLBEING NETWORK**  
**25<sup>th</sup> September 2013**  
**MINUTES**

**Present:** Lorna Ahlquist, Margaret Stevenson, Carol Muir, Liz Peat, Dee Hancock, Laura Stephenson, Giles Wheatley, Verina Litster, Sara Maclean, Arthur Oliver, Susan McFadyen

**Apologies:** Fiona Duncan, Angela Coll, Steve Gillen, Sue Clarke, Tracy Preece, Ailsa Dominick, Megan Harris, Alan MacRaid, Pauline Livingstone, Eileen Lea, Nicola Murdoch, Audrey Forrest, Wendy Thomson, Gwen Harrison

**1. MINUTES/REGISTRATION OF MEMBERS**

Minutes of last meeting approved with an amendment from Margaret Stevenson. It was noted that Giles Wheatley did not recall saying that Ballochyle House do not accept self referrals.

**Matters arising:**

**RECYCLING**

Lorna talked about what happens to projects after funding. As an example Carr Gomm received funding for a previous project which involved implementing a pilot project to evaluate the benefits of running a craft and furniture restoration project for adult clients who are homeless or under threat of homelessness. The project also provided clients with furniture they had built themselves. Following this CHWN are considering a recycling project to move forward with what Carr Gomm are doing. We have been trying to get interested people together for an initial meeting. Bruce Marshall suggested that we bring the project idea to the business meeting which is held on the first Tuesday of each month. We are trying to get people together in advance of this.

Dee said that Bute have a recycling project up and running – Fyne Futures which was done through Social Enterprise. <http://www.fynefutures.org.uk/>

Sara noted that there is a lot of funding available if it is for a service not already provided and mentioned the Climate Challenge Fund as a possible source of funding. <http://www.keepsotlandbeautiful.org/sustainability-climate-change/climate-challenge-fund>

Dee mentioned the Fit4Funding website. <http://www.fit4funding.org.uk/>

Giles said that the Maxi Richards Foundation does furniture recycling and that the furniture is then sold in shops. Address: 19 Dirleton Gate, GLASGOW G61 1NP, Phone: 0141 942 6638

Sara was aware that Fyne Futures come as far as West Cowal.

Margaret knew of another group which takes furniture away and gives it to families. Dee said that this was called Homestart and was run by Catherine and Bobby Hamilton.

Sara talked about the yahoo group which used to be called Freecycle but is now called Freegle. These seem to be two different websites:

<http://groups.freecycle.org/DunoonUK/posts/all>

<http://groups.yahoo.com/neo/groups/Cowal-Peninsula-Freegle/info>

Lorna said that it seems there is a lot about concerning recycling and it just needs to be joined up, while Dee agreed and said that there is not enough advertising for these services.

It was discussed that you are not allowed to take stuff from the dump and Sara wondered if this could be raised with the Council.

Sara also mentioned Tam MacDonald who does refurbishing of bikes. He used to be able to get arts from the dump but is no longer allowed to. She wondered about the setting up of a bike station.

## **RAPE CRISIS PRESENTATION**

Some people have not received the copy of the rape crisis presentation which was emailed out. Dee thought it may have been blocked because of the word “rape” in the title. **Action Susan to resend with a more neutral title**

## **2. COWAL HEALTH AND WELLBEING NETWORK**

### **Health Promotion Day**

#### **Dee**

Dee was at a Health Promotion Day yesterday which was about networking and thinking outside the box. There was a presentation on a similar project to SING which was going on to bigger and better things, there has been a satellite project in Helensburgh because it was so successful. There was talk about “Living It Up” and it was interesting to see how they have encouraged people to engage in this. There was discussion about a Health and Wellbeing Sexual Health project aimed at teenagers and adults involving Helensburgh Academy – they were asked did they want a website? What did they want on it? ; encouraging the take up of free condoms; asked about apps for phones but these were not wanted; people can sign up online and register for free condoms; video online showing how to put on condoms. Dee said she would share the link to the website.

**Action Susan to get link from Dee and send out with draft minutes.**

There are new monitoring processes on the Health and Wellbeing website. Talked about how these are fed into caseloads to advertise good work going on. There is a simplified funding application process on the website but handwritten forms are still being

accepted. Lorna thought we should direct future applicants to the website via a link instead of sending attached forms.

Dee said it was a fabulous meeting. The plan is to do it twice a year and we should encourage people to go.

## **Carol**

Carol was also at the Health Promotion Day. She spoke about “Keep Well” and change of lifestyle regarding weight – 90% of people put weight back on – what should networks do to help people lose weight and keep it off? Counterweight for Carers was discussed along with its background.

The Citizens Advice Bureau spoke about PASS – Patient Advice and Support Service. This is made up of one person in Lochgilphead employed for 21 hours per week working face to face with people who are unhappy with medical treatment being received. Dee knows of two clients who would benefit from this. Claudia Albrecht is willing to come to Cowal and Bute H&W networks to do presentations. **Action Lorna/Susan to invite to future meeting.**

## **Dee**

There was a workshop at the end of the day which looked at gaps in services. It was apparent that there were gaps in services for teenage transitions, men’s health and wellbeing and mental health and funding for mid-age people i.e. 25-65. People are aware of how to look after their physical health but not mental health. Attendees were asked how to take this forward – encourage people to see themselves as assets – ask how can we help our own and others’ mental health?; CHWN and AVA to get together and do promotion about people having individual assets. Lorna was not at the meeting when this was agreed. **Action Dee and Lorna to discuss, Lorna to discuss with AVA.**

Re the men’s mental health issue it was noted that Kintyre and Mid Argyll have a men’s shed idea where men bring their own toolboxes and fix things. Ava in Mid-Argyll is doing a piece of work around this. Giles wondered how this related to the LINK Club. Lorna thought it could fit in well and could maybe link to allotment project. Liz wondered if the farming community would be able to provide disused outbuildings. Lorna thought there may be the option of using Castle Toward and Sara said that this could fit in well with the recycling idea.

## **Information Sharing**

### **Liz**

The filming of the Oral Health DVD is completed, waiting for John Mackay, STV newsreader to film a small section. Fiona and Liz will look at the content at beginning of October. There is more work to be done looking at lesson plans to accompany the DVD. The community of Dunoon has been very involved in the making of the film.

## **Margaret**

At the Red Cross awareness day people came and went throughout the day. It was thought to be a good event. There will be a first aid course in September.

## **Dee**

Homestart currently has 25 families and 27 volunteers. The preparation course runs on a Saturday/Sunday 9am-5pm over two weekends. They are looking for volunteers with parenting skills

There is a huge gap in bereavement counselling in Argyll & Bute. MacMillan, Choose Life and Alison McGrory are interested in this. DOCHAS trained 7 counsellors a year ago but there are now only 2 left. Private counselling costs about £40 per hour. There is a meeting arranged to look at this gap and try and find funding. Lorna said that there are opportunities to develop this through the Palliative Care Group and that Michaela from AVA is interested.

## **Giles**

Giles said that he has recently set up a counselling service and would be delighted to do training in bereavement counselling. He will take referrals for bereavement counselling but the counselling will be person-centred rather than the counsellors having specialist knowledge. Giles also noted that typically a more structured practice holds on to volunteers for longer.

Giles reported that his counselling service is up and running and is taking referrals. The website is <http://www.csronline.org.uk/>

## **Carol**

Carol apologised for not being here in the Summer. "Keep Well" is coming to the area in April 2014. This is a comprehensive health check including signposting where to refer people to. Need to consider how to get people attending who would really benefit from it and locally need help looking at who to signpost to. Carol was at Oban yesterday and did 31 MOTs and handed out 84 stress balls

Jacqui Barron – dietitian in Oban – has a year's post as weight management coordinator looking at "How can we help you eat better?". There is £500 funding available to CHWN for chef and ingredients for an event to promote healthy eating.

Julie Young of Argyll and Isles Coastal Countryside Trust is looking at Local Growing – can lobby through them. Lorna mentioned that she is looking at options for using the raised beds outside Dunoon Hospital Conservatory.

### “Couldn’t Care Less”

Lorna reported that CHWN is bringing a play to the area funded by Health Promotion. This is part of the Scottish Mental Health Arts and Film Festival. It is called “Couldn’t Care Less” and is about a woman caring for her mother with dementia. It is described as a thought provoking dark comedy. Wednesday 30th October at 2:15pm in Innellan Village Hall, admission free.

### **3. PARTNERSHIP WORKING CASE STUDY – Presentation by Verina Litster, Community Safety, Scottish Fire and Rescue**

Verina informed the meeting that Strathclyde Fire Service is now Scottish Fire and Rescue.

Lorna said that we will invite Verina back and maybe invite other groups such as Sandbank Senior Citizens’ Club.

Verina’s presentation looked at preventing fire death and casualties. Key points were:

- Identify people at high risk from fire
- Identify fire risks within the home
- Be aware of how to refer individuals to the Fire Service for a Home Fire Safety Visit.
- In the last ten years casualties and fatalities have reduced by about half, mainly due to smoke detectors and fire safety visits. Smoke detectors are installed free as part of the home safety visit.
- Fires can be preventable or non-preventable
- Most at risk are:
  - Older people
  - Those living alone
  - People with health issues
  - Those with high dependency on alcohol or drugs
  - Smokers
- Refer for home safety visit if:
  - No working smoke detector
  - Signs of cigarette misuse
  - Signs of heavy alcohol or drug misuse
  - Limited fire safety awareness
- Once a person at risk is identified the process should be:
  - Speak to client about concerns
  - Follow own organisational protocols
  - Obtain permission to share from client
  - Inform Fire Service of concerns
  - Home Fire Safety Visit carried out
- Community alarms (Telecare) can be connected to smoke detectors

Sara said that she has done a safety visit and ticked the box for revisits but the revisits were not happening. **Action Verina to follow this up**

Giles wondered what should be done if there is an extreme risk but the client doesn't want a referral – what about risk to neighbours? Verina responded that all the neighbours can do is make sure that their home is safe. The situation is different with ACHA or Fyne Homes however as a landlord is involved.

Dee said that ACHA and Fyne Homes are not replacing smoke detector batteries as they are not easily accessible. Verina responded that the Scottish Fire Service put in a 10 year battery and will replace this free of charge. Fire retardant bedding can also be issued.

#### **4. PRESENTATIONS FROM HEALTH AND WELLBEING FUND APPLICANTS**

##### **Are We Ready? – Sara MacLean**

**Summary:** To enable Colintrave and Glendaruel village halls to operate independently, providing light, food and shelter in the event of an emergency, e.g. prolonged power cut.

##### **What is the rationale for this project or why is this project a good idea?**

At the meeting it was identified that many of the houses in the area are electric only and there is a high percentage of elderly and vulnerable people. In the event of being “cut off”, access to medical facilities and transport are also restricted. Emergency teams would be in place to ascertain individual needs and to provide support. Both village halls would be equipped with generators in order to provide shelter, heat and food to any member of the community affected by the emergency.

##### **What do you plan to do?**

We plan to install generators in both village halls to enable the emergency team to provide shelter, food and heat to the people most affected within each community. We plan to access a list of vulnerable people to ensure their wellbeing and safety in an emergency.

We plan to set up a telephone tree to cascade any action taken in an emergency, ensuring that everyone is aware of facilities and care available.

We aim to train First Responders as a follow up to our Community Heartstart Defibrillator project which resulted in an active unit in place in Glendaruel.

Sara explained that everyone in the community would be treated as vulnerable rather than having a list of vulnerable people. The safety of the most vulnerable would however be prioritised. She is hoping that the local Windfarm Trust may give funding for training or anything else needed. The village halls are approximately 10 minutes apart, well-spaced over a 30 mile stretch. They are planning a community drill. Margaret said that the Red Cross may be able to help with this.

##### **Meals on Wheels without the wheels – Arthur Oliver**

**Summary:** Expanding existing lunch club for members to “take away” meals and consume them later.

**What is the rationale for this project or why is this project a good idea?**

We have received a great deal of feedback that our lunch club has been a boon and also added to their standard of health. Older men especially have poor cooking skills. Single older people often don't cook for themselves, especially a balanced meal of protein, starch and vegetables, plus cost involved in cooking for one. Illness or disability makes this even harder. Many of our members do not want a midday meal and feel it would be beneficial to them if we could extend our meals and provide a carry out service where they could have healthy meals they can eat later.

**What do you plan to do?**

We will use money to subsidise 16 meetings of lunch club provision with a focus on healthy eating and getting information across to our members on menu ideas and choices of food and invite a nutritionist to come and speak to our members. Members can bring containers and take their meals home to eat later thus ensuring more folk will be able to have good nutritious meals and also increase the potential of our lunch club and membership of those taking part. This project will ensure helping the elderly and also the NHS by keeping folk healthy and at home.

Dee asked if there had been a reply from the co-op regarding funding. Arthur said no, there had been problems with the co-op computer system and he was chasing this up.

Dee asked if the chef has food and hygiene qualifications. Arthur replied yes.

**Learning Through Play and Physical Activity – Paula Cooney**

**Summary:** To develop children's skills and abilities with respect to their mental, emotional, social and physical wellbeing through the uses of role play activities including the use of costumes and props as appropriate e.g. Small World activity sets.

**What is the rationale for this project or why is this project a good idea?**

Learning in health and wellbeing ensures that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they may need for mental, social and physical wellbeing now and in the future. Research suggests that the ability to explore and develop one's feelings, emotions, actions and their impact upon oneself and one's peers within a safe and nurturing environment is essential in developing well rounded and well balanced young people and adults. Role play by means of costumes and props within the nursery environment and led in an informal but structured way by the Play Workers is seen as an effective means of facilitating this development.

**What do you plan to do?**

Develop specific Curriculum and Learning Plans which utilise the role play resources to develop the service users' skill set with the broad heading of Health and Wellbeing. This will be done by:

- Involving the service users
- Identifying our priorities for change; and
- Creating a curriculum plan

Paula said that there are 14 pre-school children and 10 2 year-olds attending the nursery. They have not applied for any other funding. Other nurseries would not be able to use the equipment.

Laura asked if the nursery is privately run. Paula said yes but they have pre-school education funding only. Could the council give help with funding? Paula said no because the nursery is private. They can apply for a Children and Families funding grant for help with running costs and they have done this.

### **Cowalfest Walking and Outdoor Festival – Pieter Van der Werf**

**Summary:** We want to get more people out and about participating in Cowalfest. We aim to do (estimated) 500 door to door brochure drops in specific postcodes in Dunoon, including a fliersheet offering free walks for easily accessible locations/local to Dunoon.

#### **What is the rationale for this project or why is this project a good idea?**

If we can improve the diversity of participation we can make new connections for Cowalfest; the brochure also is a great way of pulling together all the local walks that can be enjoyed at any time. Door to door drops means that folk have immediate access to the information. It would be great if we could encourage the target market this project is aimed at, to join the committee to strengthen next year's programme.

#### **What do you plan to do?**

For 2014 we plan to expand the running activity launch in 2013 (there are few fun runs available in Cowal) and also connect in with the Commonwealth theme. We have many ideas however the programme will depend on volunteer skills and availability, funding and good feedback to 2013 programme.

Action Lorna to supply postcodes for leaflet drops.

Dee asked if the £4 charge is because the walks are a guided tour. Pieter said yes.

Pieter said the leaflet drop is planned for next Wednesday/Thursday if approved. This is a tight but doable deadline. It is a 10 day festival.

Liz asked if any specialist equipment was needed for the walks. Pieter said no.

Pieter said that as well as the walks there are 5K and 10K runs through Benmore for which there are over 100 bookings so far.

Laura asked if the walks are for adults only. Pieter said no, from age 8.

### **Counterweight for Carers/Peer Support Development – Unable to send representative**

#### **Summary:**

Crossroads aims to develop and provide the Counter weight evidence based weight management Programme allowing carers throughout Cowal and Bute to have access to this programme in all areas through telephone support and access to group meetings.



**What is the rationale for this project or why is this project a good idea?**

This project links with on-going developments of services

Is outcome focused through education and skill development

The project targets more than one area of priorities and impacts directly on both physical and mental wellbeing,

The project aims to target carer isolation

The project once developed can be continued as a core service

**What do you plan to do?**

Deliver the evidence based Weight management Programme to carers throughout Cowal & Bute

Develop and promote opportunities for peer support amongst carers in rural location

Reduce Isolation through group session

Promote access to other services offered by crossroads

Provide on-going telephone support sessions

Promote access to exercise classes by offering respite linking the project directly to the RCOP outreach funding

Develop and improve the self-management approach to wellbeing with carers throughout Cowal and Bute

Provide packs containing health promotion materials to all carers who commence the programme to encourage a holistic approach to wellbeing

Carol was concerned that this project is duplication of existing services – needs clarification with the NHS. Also need clarification on what the costs are for. Lorna thought the costs were to pay for Deby's time in delivering the project. Carol said that there is money available through Counterweight and that this would need to be investigated; Laura agreed.

Dee said that Deby had also applied to Bute for the same amount of funding but that the bid could not be scored as she did not attend the meeting.

Carol thought that we need to hear from Jacqui Barron re her opinion on the bid.

Questions were raised about partnership working and value for money.

It was agreed to score the bid at the next meeting once above points have been clarified/investigated.

**It is likely all CHWN funding will be allocated following this meeting.**

**Next Meeting Date Wednesday 22<sup>nd</sup> January 2014 12:30pm  
Community Education Centre, Edward Street, Dunoon, GP Room**