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Working with communities to improve the quality of life for all in Argyll and Bute

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communityplanningpartnership

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30 July 2019

NOTICE OF MEETING

A meeting of the **BUTE AND COWAL COMMUNITY PLANNING GROUP** will be held in the **TIMBER PIER BUILDING, DUNOON** on **TUESDAY, 6 AUGUST 2019** at **10:00 AM**, which you are requested to attend.

BUSINESS

1. **WELCOME AND APOLOGIES**
2. **DECLARATIONS OF INTEREST**
3. **MINUTES**
 - (a) Meeting of the Bute and Cowal Community Planning Group held on Tuesday 7 May 2019 (circulated) (Pages 3 - 10)
4. **DUNOON GRAMMAR SCHOOL VISIT TO COSTA RICA - OUTCOME 3 (EDUCATION, SKILLS AND TRAINING MAXIMISES OPPORTUNITIES FOR ALL)**
 - (a) Dunoon Grammar School Visit to Costa Rica
Presentation by Dunoon Grammar School Pupils and Alison Currie
5. **COMMUNITY PLANNING PARTNERSHIP MANAGEMENT COMMITTEE UPDATE MANAGEMENT COMMITTEE**
 - (a) Community Planning Partnership Management Committee Update (circulated) (Pages 11 - 14)
6. **AREA COMMUNITY PLANNING ACTION PLAN**
 - (a) Area Community Planning Action Plan Update on Progress (Pages 15 - 18)
Report by Community Planning Manager (circulated)
 - (b) Update on Place Standard Consultation (Pages 19 - 20)

Report by Community Planning Manager

**7. ARGYLL AND BUTE OUTCOME IMPROVEMENT PLAN 2013-2023 - OUTCOME 1
(THE ECONOMY IS DIVERSE AND THRIVING)**

- (a) LaunchMe Programme

Presentation by Colin McMillan, Firstport Scotland

- (b) PA23 BID

Presentation by Colin Moulson, PA23 BID

**8. HEALTH AND WELLBEING ANNUAL REPORT FOR NOTING - OUTCOME 5
(PEOPLE LIVE ACTIVE, HEALTHIER AND MORE INDEPENDENT LIVES)**

- (a) Health and Wellbeing Annual Report (for noting, circulated) (Pages 21 - 42)

9. COMMUNITY FOCUS

- (a) Benmore Botanic Garden

Presentation by Peter Baxter

10. PARTNERS UPDATE

Opportunity for verbal updates by Community Planning Partners

11. DATE OF NEXT MEETING

The next meeting will take place at 10.00am on Tuesday 5 November 2019

Bute and Cowal Community Planning Group

William Lynch (Vice-Chair)

Cathleen Russell (Chair)

Contact: Stuart McLean, Area Committee Manager - 01436 658717

MINUTES of MEETING of BUTE AND COWAL COMMUNITY PLANNING GROUP held in EAGLESHAM HOUSE, ROTHESAY on TUESDAY, 7 MAY 2019

Present: Cathleen Russell, Colglen Community Council (Chair)
Willie Lynch, Dunoon Community Council (Vice-Chair)
Councillor Bobby Good, Argyll and Bute Council
Councillor Audrey Forrest, Argyll and Bute Council
Stuart McLean, Area Committee Manager, Argyll and Bute Council
Samantha Somers, Community Planning Officer, Argyll and Bute Council
(Lync)
Sharon MacDonald, Community Development Officer, Argyll and Bute Council
Chief Inspector Douglas Wilson, Police Scotland
Iona McPhail, ACHA
Maggie Clark, Health and Social Care Partnership
Jane Williams, Health and Social Care Partnership
Robin Patel, ECHO Trail
Dinah McDonald, ECHO Trail
Jackie Shearer, Rothesay Pavilion
Julie Tait, Rothesay Pavilion
Fiona Gillespie, Isle of Bute Resilience
Greg Mercer Brown, Isle of Bute Resilience
Anne Kennovan, CLD Youth Worker
Blair McColm, Cowal Youth Forum
Xavier Graysmark, Cowal Youth Forum
Anne Campbell, Dunoon Area Alliance
Lorna Whyte, Live Argyll
Nicola Hackett, Live Argyll
Andy Revill, Dunoon Observer

1. WELCOME AND APOLOGIES

The Chair welcomed everyone to the meeting and general introductions were made.

Apologies for absence were intimated by:

Councillor Jim Anderson
Councillor Jim Findlay
Inspector Fiona Davidson, Police Scotland
Michelle Rusden, Police Scotland
Sharon Erskine, Home-Start MAJIK
Debbie Donald, Cairndow Community Council
Dee James, Rape Crisis

2. DECLARATIONS OF INTEREST

No declarations of interest were intimated.

3. MINUTES

(a) **Meeting of the Bute and Cowal Community Planning Group, held on Tuesday, 5 February 2019**

The minute of the Bute and Cowal Community Planning Group meeting of 5th February 2019 was approved as a correct record.

4. CPP MANAGEMENT COMMITTEE

(a) **CPP Full Partnership Highlights**

The Community Planning Officer presented a video showcasing the Community Planning Partnership (CPP) Full Partnership meeting which took place on Wednesday, 28 March 2019 in the Queens Hall, Dunoon. She outlined the positive part that pupils from Dunoon Grammar School played in making the event a success.

The video for the CPP Full Partnership can be found by following this link: <https://vimeo.com/332182960>

Decision:

The Bute and Cowal Area Community Planning Group agreed to note the information provided.

(Ref: Video by Community Planning Manager, dated 7 May 2019, Community Planning Partnership Agenda, 28 March 2019, submitted.)

5. AREA COMMUNITY PLANNING ACTION PLAN - TRACKER

The Community Planning Officer outlined the engagement plan for the next iteration of the tracker and took the group through the progress of actions currently identified on the Area Community Planning Action Plan tracker.

Discussion took place in respect of the actions which were classed as not on track, with members of the group being satisfied that actions were being progressed where necessary and work is ongoing to pursue these actions.

Decision:

The Bute and Cowal Area Community Planning Group agreed to note the information provided.

(Ref: Report by Area Community Planning Manager, dated 7 May 2019, submitted)

6. ARGYLL AND BUTE OUTCOME IMPROVEMENT PLAN 2013-2023 - OUTCOME 5 (PEOPLE LIVE ACTIVE, HEALTHIER AND INDEPENDENT LIVES)

(a) Health and Wellbeing Partnership Annual Update

The group gave consideration to a report which outlined the work currently being progressed by the eight local Health and Wellbeing Networks in Argyll and Bute. It highlighted the responsibilities of the Networks which included developing local action plans, holding local networking meetings and allocating the Health and Wellbeing small grant fund.

The Health Improvement Lead provided information regarding the future role of the Health and Wellbeing Partnership, which included information on the findings of an evaluation carried out in January 2019 as a result of falling attendance rates at partnership meetings and a lack of engagement from Community Planning partners; the merger of the working group for the Outcome 5 delivery plan with the Health and Wellbeing Partnership, which had culminated in the conclusion of the delivery plan for Outcome 5; the Health and Wellbeing priorities for 2019-20 and connecting Outcome 5 with the four Area Community Planning Groups.

Ms Clark agreed to provide to the Senior Committee Assistant for circulation to the wider group a flier in respect of a Health and Wellbeing event taking place on Friday, 10 May 2019 at 12.30pm in Inveraray for Partners who wished to attend. She also agreed to forward for circulation a link to the Survey Monkey highlighted in the report, and asked Partners to take the opportunity to complete the survey to enable improvements to the Bute and Cowal Health and Wellbeing Network.

Decision

The Bute and Cowal Area Community Planning Group agreed to note the information provided.

(Ref: Report by Health Improvement Lead, dated 7 May 2019, submitted)

(b) Bute Health and Wellbeing Network

The Group considered an annual update report on the work currently being undertaken locally by the Bute Health and Wellbeing Network.

A representative from Bute Health and Wellbeing Network was not present at the meeting, therefore no further update was provided.

Decision

The Bute and Cowal Area Community Planning Group noted the contents of the report.

(Ref: Report by Bute Health and Wellbeing Network Representative, dated 7 May 2019, submitted)

(c) **Cowal Health and Well Being Network**

The Group considered an annual update report on the work currently being undertaken locally by the Cowal Health and Wellbeing Network.

A representative from Cowal Health and Wellbeing Network was not present at the meeting, therefore no further update was provided.

Decision

The Bute and Cowal Area Community Planning Group noted the contents of the report.

(Ref: Report by Cowal Health and Wellbeing Network Representative, dated 7 May 2019, submitted)

(d) **ECHOtrail**

The group gave consideration to a presentation from Robin Patel outlining the development of the East Cowal Heritage Outdoors (ECHO) Trail and its vision for promoting and evolving tourism resources in the area as well as encouraging community involvement in the project.

Discussion was held around the need for linkage into existing projects, local community groups and Community Councils.

Mr Patel agreed to collate a list of local resources including CPG Members, local projects and relevant Groups on Bute. The Senior Area Committee Assistant agreed to provide Mr Patel with contact details.

Decision

The Bute and Cowal Area Community Planning Group agreed to note the information provided.

(Ref: Presentation by Robin Patel, dated 7 May 2019, submitted)

(e) **Argyll and Bute Rape Crisis**

The Group considered an update report on the service delivery for the Bute and Cowal Area by Rape Crisis.

A representative from Argyll and Bute Rape Crisis was not present at the meeting, therefore no further update was provided.

Decision

The Bute and Cowal Area Community Planning Group noted the contents of the report.

(Ref: Report by Nicola Hall, Argyll and Bute Rape Crisis, dated 7 May 2019, submitted)

7. ARGYLL AND BUTE OUTCOME IMPROVEMENT PLAN 2013-2023 - OUTCOME 6 (PEOPLE LIVE IN STRONGER AND SAFER COMMUNITIES)

(a) Police Scotland Annual Update

Chief Inspector Douglas Wilson provided the Group with a verbal update on incidents relating to the Bute and Cowal area for quarter 4 of 2018/19, which included continued work on road safety campaigns which had resulted in a 23% decrease in road related incidents.

Police Scotland are also working in partnership with Argyll and Bute Council, Transport Scotland and BEAR to improve signage and general road conditions. Chief Inspector Wilson also took the Group through statistics for crimes including violence and anti-social behaviour, public protection, domestic abuse and incidents involving drugs.

It was noted that that there is no significant concerns regarding crime rates in the Bute and Cowal Area.

He informed the Group that a detailed annual report was not yet available but would be circulated to the Group in due course.

Decision

The Bute and Cowal Area Community Planning Group agreed to note the contents of the information provided.

(Ref: Verbal update by Police Scotland, dated 7 May 2019, submitted)

(b) Scottish Fire and Rescue Service Annual Update

A representative from Scottish Fire and Rescue was not present at the meeting and no report was submitted, therefore no update was provided.

(c) ACHA Annual Update

The group gave consideration to a presentation from Iona McPhail, ACHA. The presentation outlined current housing stock, new and refurbished properties, newly built office premises, statistical breakdown of the annual tenants satisfaction survey and the 10 10 10 initiative that provides funding for community projects and details of ongoing neighbourhood improvement scheme that would concentrate on improving communal areas in ACHA owned housing estates.

The Group held a conversation that highlighted the need for temporary accommodation for workers within Bute and Cowal.

Ms McPhail agreed to circulate details of available funding to the group.

Decision

The Bute and Cowal Area Community Planning Group agreed to note the presentation.

(Reference: Presentation by ACHA, dated 7 May 2019, submitted)

(d) **Rothesay Pavilion - Contributing to a Stronger Community**

The group gave consideration to a presentation from Julie Tait and Jackie Shearer from the Rothesay Pavilion which outlined the proposed layout and future uses of the Pavilion once the renovation works have been completed.

Jackie and Julie emphasised the importance and need for local knowledge and community engagement and encouraged the Group to sign up to the WAVE newsletter for up to date progress reports and further information on how groups can get involved.

The Senior Area Committee Assistant agreed to circulate the presentation and contact details.

Decision

The Bute and Cowal Area Community Planning Group noted the presentation.

(Reference: Presentation by Jackie Shearer and Julie Tait, Rothesay Pavilion, dated 7 May 2019, submitted)

8. COMMUNITY FOCUS

(a) **Isle of Bute Resilience**

The group gave consideration to a presentation from Fiona Gillespie and Greg Mercer Brown from the Isles of Bute Resilience Team. The Isles of Bute Resilience Team are a voluntary organisation set up in March 2018 to assist emergency services in times of need on Bute, such as missing people searches, marshalling at events, food parcel deliveries and flood prevention assistance.

The Group held a conversation around relevant groups that the Isle of Bute Resilience could link into and the feasibility of creating a Resilience Team in Cowal.

Decision

The Bute and Cowal Area Community Planning Group agreed to note the information provided.

(Reference: Presentation by Isle of Bute Resilience, dated 7 May 2019, submitted)

9. PARTNERS UPDATE

Cowal Youth Forum

Blair McColm and Xavier Graysmark informed the Group of the importance of the Cowal Youth Forum in providing opportunities, activities and support to young people in the community who wouldn't otherwise have these opportunities. They also raised awareness of the impact the proposed funding cuts would have to the service and drew the Groups attention to ways in which meetings and partnership working could be altered to encourage more participation from a younger age demographic.

Bute and Cowal CAUCUS

Willie Lynch advised that current issues they are dealing with include, people accessing health services out with the Cowal Area and the suitability of the ferry infrastructure as well as outpatient travel costs. Meetings had been set up with Caledonian MacBrayne and the Health and Social Care Partnership to try and address the situation.

Live Argyll

Nicola Hackett advised that Live Argyll had launched a new reduced rate membership which had generated six hundred new members in four weeks across Argyll and Bute.

Live Argyll are currently involved in the McMillan Cancer Charity Move More programme and library service plan to help assist cancer patients.

Ms Hackett also advised that a further four years investment had been agreed for Active Schools which would include more targeted work with Police Scotland and youth services to support young people.

Health and Social Care Partnership

Jane Williams advised that work was ongoing to provide a three chair dialysis unit and trained nurses on Bute which would eliminate the need to travel for four dialysis patients living on the Island.

The Area Committee Manager informed the Group that a press release on the restructure of the Locality Planning Groups would be circulated to the Group at the conclusion of the meeting.

10. DATE OF NEXT MEETING

The group noted that the next meeting of the Bute and Cowal Area Community Planning Group would take place at 10.00am on Tuesday, 6 August 2019 within the Timber Pier Building, Dunoon.

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Argyll and Bute Community Planning Partnership**Bute and Cowal Area Community Planning Group****6 August 2019**

Briefing Note: Community Planning Partnership Management Committee update

This briefing relates to the meeting of the Community Planning Partnership (CPP) Management Committee on 26th June 2019, and its consideration of issues raised by Area Community Planning Group Chairs. The briefing is for noting and relevant discussion.

Summary

The CPP Management Committee met on the 26th June in the Council Chambers, Lochgilphead.

Area Community Planning Group chairs raised matters of concern within their local areas with the CPP Management Committee, and these matters were taken on board and actioned where relevant. A report outlined the main issues from the last set of Area Community Planning Group meetings.

Further information is available in the *meetings, minutes and agendas* section of: <https://www.argyll-bute.gov.uk/council-and-government/community-planning-partnership>

Highlights

- Paul Devlin has taken over as Chair of the CPP Management Committee and John Paterson, the new Chief Superintendent for Argyll and West Dunbartonshire, is now Vice-Chair.
- The Child Poverty Action Plan was discussed and it was agreed that this fed into a number of outcome areas with partner involvement in the delivery plan.
- It was agreed to incorporate case studies from the Area Community Planning Groups into the CPP Annual Report for the first time.
- The mid-year population estimates have been published and show a continued decline in the population of Argyll and Bute. The Council Leader is

meeting with other west coast authorities to look at this collectively and there are conversations happening nationally to try to address this.

- A presentation was given by two members of the Scottish Youth Parliament who represent Argyll and Bute. They are now part of the CPP Management Committee and will be a great asset in ensuring the voice of young people is heard at the Management Committee and that information can be disseminated to the young people of Argyll and Bute.
- A presentation was given on Adverse Childhood Experiences (ACEs). There will be ongoing work in the area to increase the awareness of both the public and professionals of what ACEs are and the need for emotional resilience to counteract the effects of these experiences.

Matters Raised by Area Community Planning Group Chairs

The points raised from the previous meetings of the area community planning groups and the action response to these is below:

The concerns of the Mid Argyll, Kintyre and the Islands CPG in May in respect of the change to a 4 Locality Planning Group model which they feel would be of particular disadvantage to island communities.

Response: Alison McGrory, Health and Social Care Partnership, advised that the move to align the HSCP locality areas with the Council / Community Planning locality areas had been the decision of the Integrated Joint Board following consultation and a workshop with stakeholders. The new 4 area model was felt to be a better use of resource for all partners involved in the HSCP locality groups. Kirsteen Murray, Third Sector Interface, reported that it had become clear through this process that there was a misunderstanding on the remit and statutory basis for Locality Planning groups. This has been addressed by the formation of a strategic engagement advisory group which has a framework for engagement which should strengthen the engagement between communities and the Health and Social Care Partnership.

The concerns raised by Oban Lorn and the Isles CPG in May in respect of the response time of Scottish Fire and Rescue at remote location such as Dalavich. The group suggested that a volunteer fire crew or access to equipment be made available to local people to mitigate.

Response: Paul Devlin, Scottish Fire and Rescue Service, advised that there is a 35 minute minimum response time to this area. Whilst there is a national review by the Scottish Fire and Rescue Service on the placement of stations, Paul had concerns over whether a volunteer fire station was viable in this area but is happy to engage with the community further if required.

Concluding Point for Action by Area Community Planning Groups

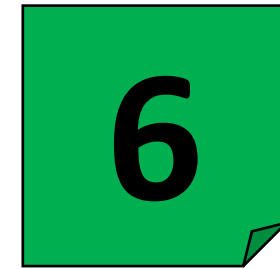
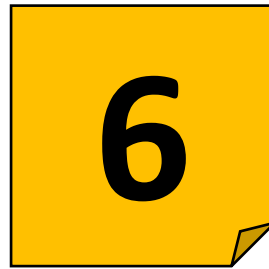
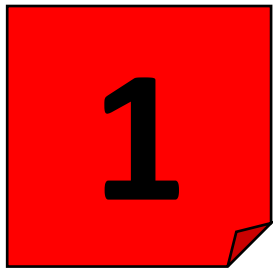
Communicating Community Planning is a priority for the Partnership and we welcome issues raised at Area Community Planning Groups, where these cannot be resolved locally, to be highlighted to the Argyll and Bute Management Committee meetings. The next formal meeting of the Community Planning Management Committee is September 2019.

We welcome partners at Area Community Planning Groups sharing and linking to #abplace2b Instagram account of the council which has many followers and excellent images submitted by people showcasing Argyll and Bute.

For further information, please contact:
cppadmin@argyll-bute.gov.uk

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Bute and Cowal Area Community Planning Action Plan Update on Progress



Progress as at July 2019

Actions which are classed as “not on track”

Reference No.	Date agreed	Community Name	Lead Organisation	Action
BC06	October 2017	Rothesay	Argyll & Bute Council	<i>Continue to work with Rothesay Pavilion charity to support the successful delivery of their business plan for the future management of the Pavilion as a centre for cultural and community activities</i>

Actions which are classed as “on track”

Reference No.	Date Agreed	Community Name	Lead Organisation	Action
BC01	October 2017	Dunoon	Dunoon Area Alliance	<i>Work with communities to attract funding to help regenerate area</i>
BC02	October 2017	Dunoon	Argyll & Bute Council	<i>Encourage growth in passenger vessel movements/cruise ship tender accommodation and increased associated commercial activity on Dunoon waterfront and other maritime access hubs (3 year action)</i>
BC04	October 2017	Dunoon	PA23 BID and AITC	<i>Speak to local businesses about what activities they run in the area and the marketing for these activities. Create opportunities for the business community to engage with Argyll & the Isles Tourism Co-operative and its partners to help understand and reach markets the area wants to attract and/or expand.</i>
BC05	October 2017	Dunoon	Argyll and Bute Council – Education?	<i>Deliver engaging intergenerational workshops and projects with young people and the elderly to develop trust and promote creative learning</i>
BC07	October 2017	Rothesay	Bute Island Alliance	<i>Develop a brand narrative for Bute to transform perception and promote this narrative on the island</i>
BC08	October 2017	Rothesay	Argyll & Bute Council	<i>Agree a strategy and look to reduce the number of empty commercial properties on Bute</i>

Actions which are classed as “complete”

Reference No.	Date agreed	Community Name	Lead Organisation	Action
BC03	October 2017	Rothesay	Argyll College UHI	<i>Continue to review the range of courses available on Bute and where possible, offer video conferencing to networked classes (non-practical)</i>
BC09	October 2017	Dunoon	Argyll & Bute Council	<i>Use the feedback from the Place Standard consultation and produce a communication detailing what is happening within the Dunoon area and circulate widely</i>
BC10	October 2017	Dunoon	Health and Social Care Partnership	<i>Look at Strachur elderly support group as a model of best practice for social inclusion and exercise and promote learning from this</i>
BC11	October 2017	Dunoon	Police Scotland	<i>Consult with residents to understand why they feel “less safe”</i>
BC12	October 2017	Dunoon	Argyll & Bute Council	<i>Ensure partnership working with the Great Places Heritage Bid.</i>
BC13	October 2017	Dunoon	Argyll & Bute Council	<i>Invite a representative from Hunter’s Quay Community Council to the Area Community Planning Group</i>

Date when plan was approved: October 2017 by Bute and Cowal Area Community Planning Group

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Argyll and Bute Community Planning Partnership

Bute and Cowal Area Community Planning Group

6th August 2019



Briefing Note: Update on Place Standard Consultation

This briefing relates to the ongoing consultation called “How good is your place?,” the results of which will form the next iteration of the Area Community Planning Action Plan. The briefing is for noting and relevant discussion.

Summary

The consultation went live in May 2019 and is open until the 30th September 2019. It can be accessed at <https://tinyurl.com/abcplacestandard>

A total of 552 respondents have completed the survey so far, with 99 of these in the Bute and Cowal area. This equates to 18% of the total respondents. The geographic area and age breakdown of respondents is below.

Members of the Bute and Cowal Area Community Planning Group are asked to consider the geographic and age breakdown of respondents and are requested to consider and take individual and organisational action to encourage further responses within the Bute and Cowal area.

Area	No. of Responses	Under 16	16 – 24	25 – 34	35 – 44	45 – 54	55 – 64	65 – 74	75+	Male	Female	Other
Cairndow	1							1		1		
Dunoon	52			6	1	14	13	14	4	26	25	1
Glendaruel	3					1	1		1	2	1	
Innellan	4					1	1	1	1	3	1	
Isle of Bute	13					3	4	4	2	9	4	
Kirn	3				2		1			1	2	
Lochgoilhead	1							1		1		
Rothesay	5					1	2	2		3	2	
Sandbank	4						3	1		4		
Strachur	5					3	1	1		3	2	
Strathlachlan	1				1						1	
Strone	2							2		1	1	
Tighnabruaich	5					1		4		4	1	
Totals	99			6	4	24	26	31	8	58	40	1

Conclusion

99 respondents to the Place Standard survey are from the Bute and Cowal area, covering 13 communities. Members of the Bute and Cowal Area Community Planning Group are asked to take individual and organisational action to encourage further respondents to the survey, before the closing date of the 30th September 2019.

For further information, please contact:
Samantha Somers, Community Planning Officer
cppadmin@argyll-bute.gov.uk 01546 604464

A&B HSCP | Transforming Together

Argyll & Bute Health & Social Care Partnership

Health and Wellbeing in Argyll and Bute

Annual Report 2018/19



Contents

- 1 Introduction
- 2 Argyll and Bute Challenges
- 3 Demographics
- 4 The Health Improvement Team (HIT)
- 5 Health and Wellbeing Networks (HWNs)
- 10 Participatory Budgeting
- 11 Our Team Highlights
- 16 Other Work of the Health Improvement Team
- 18 Training Delivered
- 19 Argyll and Bute Public Health, 2019-20

Introduction

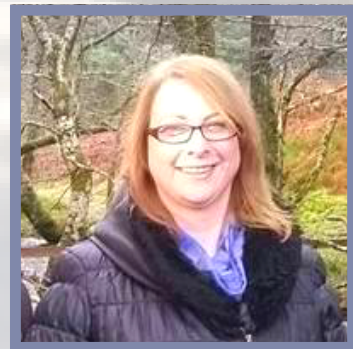
Welcome to the Health and Wellbeing Annual Report. Here we highlight some of the important work we have supported and delivered to enable people to lead longer, healthier lives in Argyll and Bute throughout 2018-19.

Our work supports the ethos that people lead better lives in strong and vibrant communities and the Health and Wellbeing Networks remain our key focus. Last year we invested over £100,000 in 98 separate projects to promote physical activity and the self management of long term health conditions.

2018-19 saw a theme in our work of engaging and working with people and enabling others to do this to ensure services are responsive to local people's needs.

One area this was particularly successful was developing a strategy to support people to manage their long term health. Look out for the new Living Well in Argyll and Bute Strategy coming in the second half of 2019.

While the media focuses on the poor health of Scots, we have much to celebrate. People live longer in Argyll and Bute than they do in more urban areas. We are very lucky to live in one of the most beautiful parts of Scotland with hundreds of miles of the most amazing coastline. Being more physically active is a straightforward way to feel better and what better way to do that than getting out and about in Argyll and Bute.



Alison McGrory

Health Improvement Principal



Argyll and Bute Challenges

- Remote and rural populations
- A high, and increasing proportion of older people (compared to Scotland as a whole)
- Prevalence of long term conditions
- Prevalence of unhealthy behaviours
- Lower life expectancy for males than for females
- Inequalities in health and wellbeing for those in the most deprived areas, compared to the least deprived areas.
- Increased provision of home care
- 1 in 5 of those aged 18+ live alone
- 17% of adults reported providing unpaid care
- A high proportion of people feel Argyll and Bute is a very good place to live and can rely on people in their neighbourhood for help.



PEOPLE IN ARGYLL AND BUTE WILL LIVE LONGER, HEALTHIER INDEPENDENT LIVES

Strategic Plan 2019/20 – 2021/22



A profile highlighting characteristics of Argyll and Bute's population which can impact on the provision of health and social care services, was created to inform the Strategic Plan 2019/20 - 2021/22.

Further details on the challenges faced by Argyll and Bute can be found in this document, available at:

https://www.nhshighland.scot.nhs.uk/OurAreas/ArgyllandBute/Documents/AB%20HSCP%20Draft%20STRATEGIC%20PLAN_2019-2022v26_.pdf

Demographics

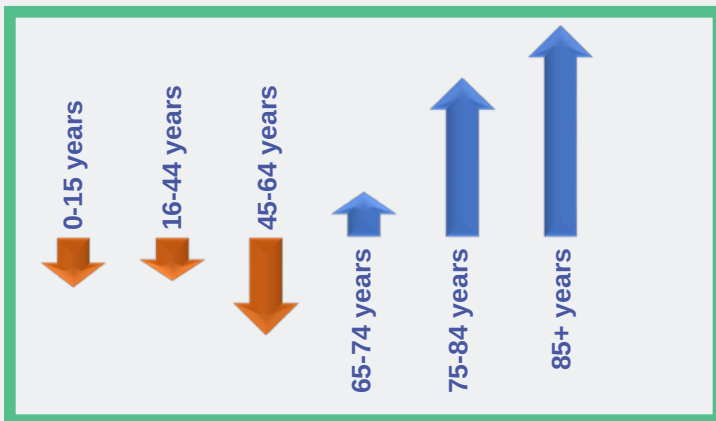


2019 Population
86,863

Age	Number	%A&B	%Scotland
0-15	13,086	15%	17%
16-44	25,111	29%	37%
45-64	25,834	30%	27%
65-74	12,349	14%	11%
75-84	7,388	9%	6%
85+	2,595	3%	2%

Argyll and Bute has a higher proportion of older people than Scotland as a whole, with **11.6% aged 75+** compared to 8.5% in Scotland.

Population Projections, 2019-2029



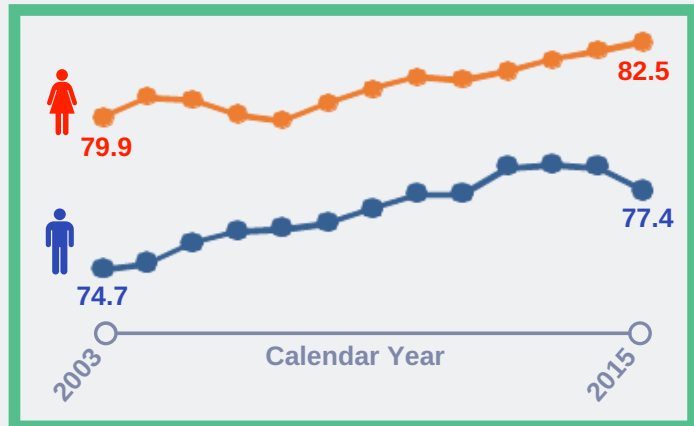
Over the next 10 years, the population is projected to decrease overall by 4% to 83,120 people. However, the population of those 85+ is projected to increase by 32% to a total of 3,437 people in 2029, with an increase to 2,715 people by 2021.

The decrease in the overall population contrasting with the increase in numbers of the eldest in society, represents a challenge to Argyll and Bute's developing model of care.

In addition, people report that they wish to remain in their own homes if possible.

Source: National Records of Scotland (NRS), 2016-based population projections.

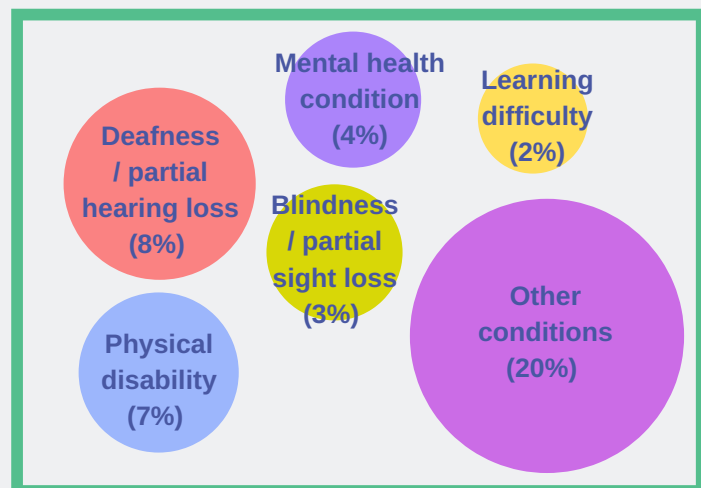
Life Expectancy



Source: Scottish Public Health Observatory (3-year mid-point) life expectancy from birth.

Life expectancy in Argyll and Bute has increased but remains lower for males (77.4 years) than for females (82.5 years). Male life expectancy is close to Scotland as a whole (77.1 years). Female life expectancy is higher than for Scotland as a whole (82.1 years).

Health Conditions



Overall, 32% said they had one or more health conditions. This rose from 10% in those aged 0-15 to 86% in those aged 85+. The most common conditions were deafness or partial hearing loss (25% of those aged 65+) and physical disabilities.

Source: Census 2011. (Note that people could select more than one type of condition.)

The Health Improvement Team

Page 26



Alison McGrory

Health Improvement Principal

Health and wellbeing lead for Argyll and Bute Community Planning Partnership (CPP). Health improvement representative for MAKI Locality Planning Group (LPG), & Community Planning Group (CPG).

alison.mcgrory@nhs.net

Maggie Clark

Health Improvement Lead

Health improvement rep for Cowal and Bute Locality Planning Group (LPG) and Community Planning Group (CPG).

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Alison Hardman

Health Improvement Lead

Health improvement rep for Lorn and Isles Locality Planning Group (LPG) and Community Planning Group (CPG).

alison.hardman@nhs.net

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Our presence online:

Website: <http://healthyargyllandbute.co.uk/>

Facebook: <https://www.facebook.com/healthyargyllandbute/>

e-mail: High-UHB.ABHealthImprovement@nhs.net

Health and Wellbeing Networks

(HWNs)

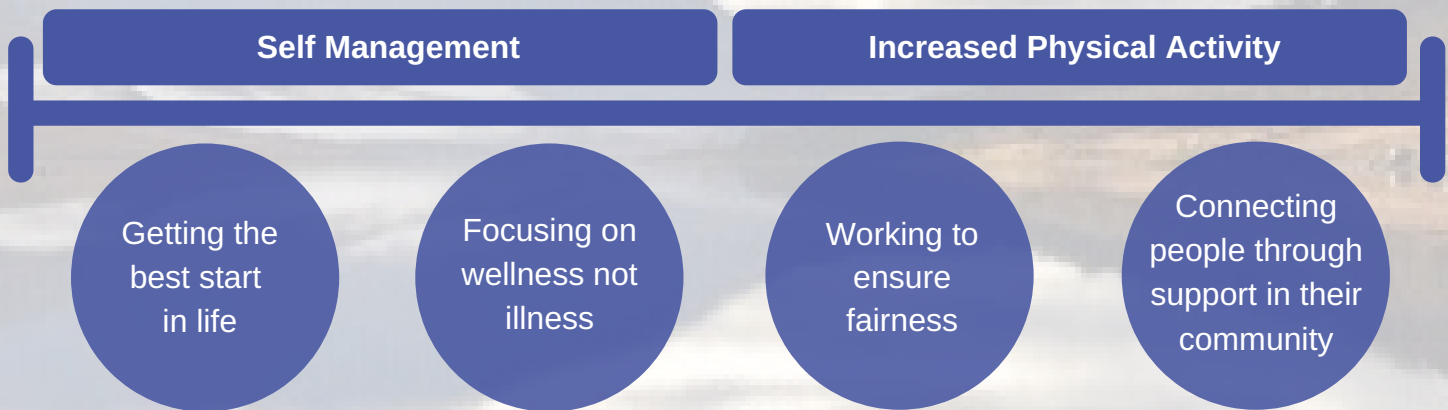


£110,000
 Health and Wellbeing
 Grant Allocation
 2018/19
*Administered by HWNs,
 managed by
 Public Health Team*

8
 HWNs supporting
 community capacity
 building in health and
 wellbeing across
 Argyll & Bute

98
 Projects
 Funded
 Average award
 £1,124

Themes:



Funding awarded for:

COMMUNITY Education Cycling Music
 Transport Infant feeding Self management HEALTHY EATING Food bank
 Toddler group Swimming Empowerment WRAP Workshops ADULTS Family break-up
 Residential Activity Gardening Bowls MENTAL HEALTH Book Swap
 Baby massage Climbing Loneliness EARLY YEARS
 OLDER PEOPLE Mindfulness Positivity Horse riding Balance & Strength
 Boxercise Forest schools Advocacy Dancing
 Football Coaching Disabilities Foreign language
 Long Term Conditions YOUNG PEOPLE
 Creative Writing

Dee James

hwnbute@ab-rc.org.uk



Bute HWN Co-ordinator

Funding awarded for...

Healthy eating

Digital safety

Physical activity (including children with disabilities and mobility difficulties)

Outdoor activity

A Mental Health Information Day

Cycling

BUTE



£10,000

Health and Wellbeing Grant Allocation 2018/19

9

Projects Funded

Average award £1,000

Highlights

1. Supporting small local groups, who struggle to gain funding, set up projects that promote health and wellbeing.

2. Launching the Bute Health and Wellbeing Network Facebook page, extending our reach and attracting new demographics to the HWN. (<https://www.facebook.com/profile.php?id=1050402201820464>)

"A warm welcome back to Dee - with many thanks to Carol Gorman who took over the role of HWN Coordinator while Dee was away."

Health Improvement Contact: Angela Coll, angela.coll@nhs.net

COWAL



Sharon Erskine

chwn@homestartmajik.eclipse.co.uk



Cowal HWN Co-ordinator

Funding awarded for...

Young women's empowerment group

Forest schools

Daytime activities for older learners

WRAP workshops

Healthy eating and exercise program

Graham Point Heritage Park

Health & wellbeing for early years

£14,900

Health and Wellbeing Grant Allocation 2018/19

11

Projects Funded

Average award £1,354

Highlights

1. Increased membership with a broad representation of ages from the community.

2. Local groups bringing the Gaelic MOD to the elderly in local care homes.

3. Seeing projects grow and develop beyond the HWB funding period.

Health Improvement Contact: Maggie Clark, maggie.clark2@nhs.net



Kirsty McLuckie

kirsty.obanyouthcafe@hotmail.co.uk



Oban & Lorn
HWN Co-ordinator

Funding awarded for...

Active for Life

Appin Community Transport

Self advocacy workshops

Ladies peer-to-peer support group

Healthy Me Boys

Comann nam Parant

Oban Healthy Town

£21,200

Health and Wellbeing
Grant Allocation
2018/19

12

Projects
Funded

Average award
£1,764

Highlights

1. Piloting participatory budget event held with five local organisations bidding for funding. Lots of enthusiasm in the room and some great networking

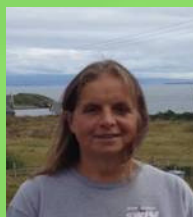
A huge "Thank you!" to Eleanor MacKinnon for all her work over previous years as the Oban & Lorn HWN Co-ordinator.

Health Improvement Contact: Alison Hardman, alison.hardman@nhs.net



Carol Flett

tcmhwn@gmail.com



Mull, Iona, Coll, Colonsay
& Tiree HWN Co-ordinator

Funding awarded for...

Dance class equipment

Mull Safe and Sound

Self advocacy workshops

Young Firefighters (exercise)

Craignure Toddlers

Dementia Friendly Garden

North Argyll Carers

£4,900

Health and Wellbeing
Grant Allocation
2018/19

6

Projects
Funded

Average award
£809

Highlights

1. Happy and Healthy Coll event, with organisations from mainland coming over to share information with the community.

2. Expansion of Mull Safe and Sound, which was given set up funding in 2016, to Bunessan. An example of an earlier funded project being rolled out.

3. A dementia-friendly workshop.

Health Improvement Contact: Caroline McArthur, carolinemcarthur@nhs.net



Audrey Baird

audreyabhwn@gmail.com



Helensburgh & Lomond
HWN Co-ordinator

£23,500

Health and Wellbeing
Grant Allocation
2018/19

23

Projects
Funded

Average award
£1,381

Funding awarded for...

Sports activity
development,
Cardross

Music &
Movement

Be Well for Young People

BASIC Mindfulness

Fun First Fitness

Physical activity for
autistic individuals

Foodbank

Highlights

1. Development of the health and well being tea towel in a partnership approach. The tea towel is distributed to people who would benefit from easy access to support and information.
2. Participatory budget pilot.
3. Supported the development of Jeans Bothy Mental Health and Wellbeing Hub, in particular linking them to Partners.

Health Improvement Contact: Sam Campbell, sam.campbell@nhs.net



Sandra MacIntyre

alexandra.macintyre@addaction.org.uk



Islay & Jura
HWN Co-ordinator

£13,200

Health and Wellbeing
Grant Allocation
2018/19

16

Projects
Funded

Average award
£828

Funding awarded for...

Eat Well for Less

Bowmore Primary School
enhanced outdoor activities

Chit Chat

Community Sports Hub

STAR Support Club

Football Coaching
for 5-15yr olds

Mindfulness

Highlights

1. Participatory budget pilot very well received.
2. Participation in the First World War Commemoration, and other community open days.

Health Improvement Contact: Caroline McArthur, carolinemcarthur@nhs.net



Kintyre LINK Club
 hwnlinkclub@gmail.com

Kintyre
 HWN Co-ordinator

- Funding awarded for...**
- Healthy Eating in Food Poverty
 - Elevate Your Mind
 - Peer Education Workshops
 - Keeping Older People Socially Active in Kintyre
 - WRAP Workshop
 - Strength and Balance for Older People
 - Yoga

£10,500
 Health and Wellbeing Grant Allocation 2018/19

13 Projects Funded
 Average award £810

- Highlights**
1. The HWN coordinator role was taken on by Kintyre Link group rather than one individual. This is a new approach for the Health and Wellbeing Networks.
 2. The LINK Club attended the health and wellbeing development days, meeting other coordinators.

Health Improvement Contact: Alison McGrory, alison.mcgrory@nhs.net



Antonia Baird
 antonia.baird@argyll-bute.gov.uk

Mid Argyll
 HWN Co-ordinator

- Funding awarded for...**
- Advocacy workshops
 - Dunadd Book Swap (3 rural areas)
 - Heads up, exercise for long term health
 - Movement for life
 - Well being monitoring, fitness trackers
 - Physical activity and healthy eating
 - Argentine tango dance therapy (MS Centre)
 - Monday Moves

£12,200
 Health and Wellbeing Grant Allocation 2018/19

13 Projects Funded
 Average award £925

- Highlights**
1. Participatory budget pilot, fun session with community participation on allocating funding.
 2. 66 day challenge event, network members had stalls, 8 week challenge to get people thinking about a habit they could change. Well represented by the community.

Health Improvement Contact: Laura Stephenson, laurastephenon@nhs.net

Participatory Budgeting



Participatory Budgeting (PB) is about putting control for how public sector budgets are spent into the hands of local people affected by these services.

The Health and Wellbeing Networks undertook four pilot events in Oban & small isles, Helensburgh & Lomond, Islay & Jura, and Mid Argyll.

At these events bidders for Health and Wellbeing grant funding had the opportunity to pitch their bids with a short presentation in a “dragon’s den” style event. The audience then had the opportunity to vote for their favourite bids and the scores shaped how the grant fund was shared out.

The aim of these events was to involve the local community in the award process for the grant funding.

A wide range of people not usually involved with the Health and Wellbeing networks attended and they reported that PB was a fun, inclusive and interactive way of allocating grant funding.

There was some key learning identified about the process which will be considered and used to support any future Participatory Budgeting events.

- Empowered the community in decision making.
- Raised the profile of the Health and Wellbeing networks across communities.
- The community participants enjoyed being involved in the decision-making process.
- Created a collaborative atmosphere between groups pitching for funding.
- Great networking between organisations.
- Reached groups that had not had grant funding before.
- Supported networking between community groups.
- Involvement in community events.

Adverse Childhood Experiences (ACEs)

Aim: **Page 33**
To raise awareness of ACEs and trauma informed practice, and increase partner knowledge of how to mitigate the negative effects of ACEs.



Highlights

- Partners sharing experience and contributing to the direction of future ACEs work in Argyll and Bute.
 - Partners learning about adversity and finding out about local resources.
 - Partners contributing to the conversation about ACEs, trauma informed practice and where the challenges are in addressing adversity in Argyll and Bute.
- 96%** ..said they gained knowledge on how to mitigate negative effects of ACEs having attended.
- 88%** ..said their knowledge of services and support available in Argyll and Bute had improved

2 Conferences



Dunoon
180 attended



Oban
50 attended

Developing a Self Management Strategy

Aim:
To develop a strategy that will highlight the importance of self management through a process of engagement with communities, staff and stakeholders.



Highlights

- People identified clear processes, signposting and access to information as key to supporting them to self manage.
- Staff identified support to know where to signpost to and training as key needs.
- Engagement outputs will be integrated throughout strategy.
- Strategy to launch July 2019 with Implementation plan following consultation on draft.
- 250 staff responded to a survey on self management.

Events



Health and Wellbeing Development Day: Self Management
70 attended



Scoping Day
20 stakeholder attended



2 Public Focus Groups (including 1 Facebook live session)



1 Pop-up session on Islay

S3 Health Drama Programme

Aim: Page 34
To improve young people's knowledge of services through drama and encourage them to access support.



Highlights

- Effective partnership working with a wide range of statutory and third sector services facilitating or delivering Q&A sessions.
- Evidence of an increased knowledge of services.
- Service providers found it helpful to hear about issues affecting young people.
- Very positive feedback from pupils and staff.
- 643 pupils completed the evaluation.
- 89%** ..found the Drama informative.
- 87%** ..said they were now more aware of services.

"Valuable and really helps to raise important topics. Also it raises awareness about the services available to young people if they are having issues."

S3 Health Drama



10 schools



851 pupils
attended the
S3 Drama

Type 2 Diabetes

Aim:
To identify the health needs and service provision for people living with, or at risk of developing, type 2 diabetes with a focus on rurality.



Highlights

- Argyll and Bute focussed on understanding what key issues arise for people living with type 2 diabetes in our remote and rural communities, and the psychological factor that may predispose people to a diagnosis.
- Barriers specific to rural locations identified, which will help in deciding how new services are delivered in the future.
- Argyll and Bute work informs the Scottish Government Type 2 Diabetes Framework.
- Informed priorities for implementation of the Scottish Diabetes Framework in Argyll and Bute.
- Further funding bid for work beginning in 2019 on implementing the framework.

Successful bid

£22,500

Argyll and Bute successfully bid for £22,500 to support the development of a comprehensive needs assessment which enabled a further funding award of **£43,000 in 2019** to deliver new services



Smoking Cessation

Aim:
To reduce the prevalence of smoking in Argyll and Bute through implementation of NHS Highland's Tobacco Strategy, rolling out 'Quit Your Way' smoking cessation services and committing to Scotland's Charter for a Smoke Free Generation.

Highlights

- NHS Highland Tobacco Strategy and Action Plan 2018-2021 launched.
- A review of smoking cessation services carried out with a new 'Quit Your Way' service planned.
- The IJB and Argyll and Bute Council Committee signed up to Scotland's Charter for a Tobacco Free Generation.
- Significant increase in the amount of people successfully stopping smoking.
- Argyll and Bute developed a formalised partnership that aims to work together to improve smoking cessation, protection and prevention

Smoke Free Drama



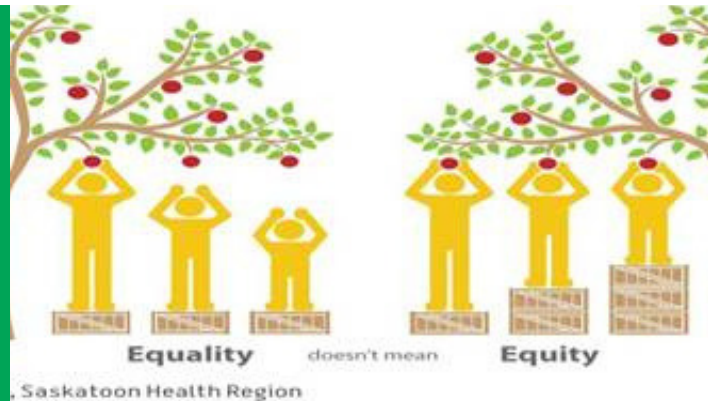
54 primary schools



1,070 pupils attended the Smoke Free Drama

Health Inequalities Framework

Aim:
To produce a set of measurable equality outcomes.



Highlights

- Development of measurable equality outcomes.
- Process in place to support completion of Equality Impact assessments.
- Supported the HSCP to meet the three needs that apply to every function within the HSCP, planning and delivery of services, commissioning and procurement and as an employer.

The Argyll and Bute report and outcome measures can be viewed at the following link:

<https://www.nhshighland.scot.nhs.uk/OurAreas/ArgyllandBute/abhscp/Documents/AandB%20HSCP%20Equalities%20framework%20Reporting%20measures%202016-2018.pdf>

3 Needs

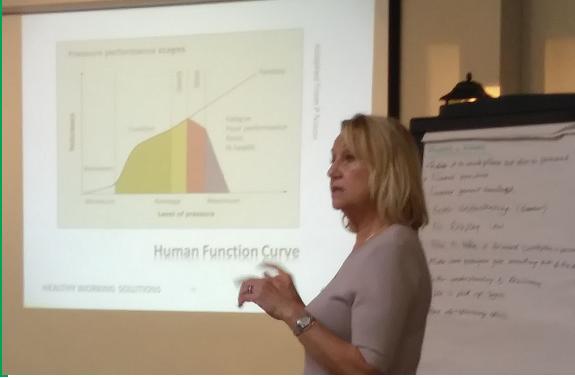
Eliminate unlawful discrimination, harassment and victimisation and other prohibited conduct.

Advance equality of opportunity between people who share protected characteristics and those who do not

Foster good relations between people who share protected characteristics and those who do not

Stress and Personal Resilience Workshops

Aim: **Page 36**
To support HSCP staff health and wellbeing.



Highlights

- * Stress identified as a health risk through the health and wellbeing survey.
- * Workshops developed to support the HSCP staff health and wellbeing action plan.
- * Supported people to be aware of own stress and help them to build resilience.
- * Evaluation report completed.

"It made me realise I had to prioritise my own mental health in order to function more effectively."

12 Workshops



6 venues



128 staff attended

Sexual Health

Aim:
To improve sexual health knowledge and minimise risk of Sexually Transmitted Infections (STIs), including HIV, in Argyll and Bute.



Highlights

- * 2 new Pride events supported in Bute and Oban.
- * 30 clients supported with HIV and LGBT issues, through a Service Level Agreement (SLA) with Waverly care.
- * Development of CCard aimed at improving access to free condoms for young people. (160 new clients accessed free condoms by post - an increase on the previous year)
- * 15,638 sexual health materials sent out.
- * Successful delivery of Multi-Agency training.
- * Sexual health CPD events planned for May 19.

3 Workshops



3 HIV, STI & Sexual Consent Workshops (49 pupils)






Building Mentally Healthy Schools

Aim: *To support the mental wellbeing of staff and pupils in Argyll and Bute.*

Page 37



Highlights

-  SMHFA (Young People) training - a blended learning model aimed at people who work with young people.
-  Implementation of a guided self help study with 32 S3 pupils taking part in a randomised control study.
-  Lesson plans in place to support guided self help sessions.
-  Endowment funding secured to roll out the guided self help study to more schools.
-  Presentation of achievements at Faculty of Public Health Conference in November 2018.

Training



Scotland's mental health first aid






35 people trained in Scotland's Mental Health First Aid (30% of whom were teachers)

Self Management Courses

Aim: *To support delivery of self management courses in Argyll and Bute.*



Highlights

-  Self Management partnership formed with Third Sector partners to deliver self management courses.
 -  1 year of funding secured from the Alliance to support further development of the self management courses.
 -  Self Management Toolkits now available.
- 47% ... reported an increase in quality of life, having attended one of the self management courses.

Delivery & Participation



13 Self Management courses



361 people participated in 1 or more of above



9 Pain Toolkit Sessions



23 Tai Chi classes (5/6 week blocks)



303 walkers participated in 3 walking groups

Other Work of the Health Improvement Team

Review of Health Behaviour Change Training

Encouraging and supporting behaviour change should play a vital role in improving health and wellbeing in Argyll and Bute. We are currently reviewing the Health Behaviour Change training provided by the Public Health team, in order to develop an updated training model that takes into account new training programmes, guidelines, strategies and the specific needs of Argyll and Bute such as our remote and rural geography. We hope to implement this new model over the coming year.

Healthy Working Lives (HWL) Award

There are currently 26 HWL Awards held in Argyll and Bute: 15 Gold, 3 silver and 8 Bronze Awards. These organisations vary significantly in size and come from all sectors. Within Argyll and Bute HSCP all 7 NHS and Argyll and Bute Council sites have achieved a HWL Award.

Engagement

The Public Health team led the development of a Strategic Engagement Framework and process to improve how we engage with our communities and partners across at all levels of the organisation. The team will support the development of Conversations Cafes across Argyll and Bute.

Argyll and Bute Joint British Sign Language (BSL) Plan

The BSL Action Plan created from combining plans from the Council (including Education), Live Argyll and NHS is to be combined into one joint action plan. Consultation was undertaken in partnership, working together to ensure the needs of BSL users and their families in Argyll & Bute are truly represented. Copies of the Action Plan are available in written English and BSL:
<https://www.argyll-bute.gov.uk/joint-british-sign-language-plan-argyll-and-bute>

Data Analysis for Strategic Priorities

Public Health data is routinely requested to support strategic priorities and planning. A recent example has been the profiling of children and young people in Argyll and Bute. This identified key strategic priorities. Future work will include a more comprehensive needs assessment to be carried out in 2019.

Social Prescribing and Signposting

A scoping exercise by the Health Improvement Team has been carried out linked to the primary care transformation work-stream as part of the new GP contract. The recommendations from this report will help to shape the social prescribing/link worker aspect of the GP contract. Additional work has been carried out reviewing services which have been added to the new National Scotland Services directory, which are now live and available through NHS Inform.

Surveys

12 requests for surveys to be carried out with reports compiled on the data collected. These range from the future of GP service in Kintyre, Strategic Plan Engagement process, type 2 diabetes early detection, to the Health and Wellbeing Partnership evaluation. These requests support the HSCP to evaluate/review services, and/or support consultation.

Screening Engagement

This is a new role and focuses on engagement in communities and organisations to encourage and increase uptake of the 4 screening programmes available in Argyll and Bute – Abdominal Aortic Aneurysm (AAA), Bowel, Breast and Cervical Screening. Although screening cannot diagnose cancer/conditions it highlights potential risks which allows for earlier diagnosis. AAA screening test – available to men in their 65th year via ultrasound therefore non-invasive and the results are immediate – AAA is often symptom free so screening is essential for early diagnosis. 1 in 20 men in Scotland have an AAA.

Cool2Talk

The Cool2talk service is aimed at young people aged 12 to 26. Cool2Talk aims to improve access to local and national services, access to health information and encouraging people to be able to openly discuss issues around their health and well being. The service has local support workers who monitor and respond to young people's health queries online, giving a personalised service with local support and information.

Heartstart

We commission the Heartstart service through an SLA with Greater Glasgow and Clyde (GG&C). This service trains pupils and teachers in primary and secondary Schools and local community groups to carry out cardiac resuscitation and use community defibrillators across Argyll and Bute. Heartstart also works with community groups and volunteer trainers that are able to support training within their local community.



Training Delivered

The Health Improvement team both facilitate and commission training or workshops to be delivered throughout Argyll and Bute on a wide range of topics.

All training, workshops and events are promoted by email, posters and social media through a wide range of partners including the HSCP, Argyll and Bute Council, Health and Wellbeing Network Coordinators, Third Sector, Waverley Care, etc.



^{1\} Training on **SEXUAL HEALTH** has been commissioned to Waverley Care, and is widely promoted by Waverley Care through their email networks, flyers and Facebook: <https://www.facebook.com/WaverleyCareHighland/>

^{2\} **CHILD SEXUAL EXPLOITATION** training is co-delivered with Barnardo's and advertised on: <https://www.argyll-bute.gov.uk/whats-on/identifying-and-responding-child-sexual-exploitation-15>

Further information on training delivered by the Health Improvement Team can be requested by emailing high-uhb.abhealthimprovement@nhs.net



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