



*Kilmory, Lochgilphead, PA31 8RT*  
*Tel: 01546 602127 Fax: 01546 604435*  
*DX 599700 LOCHGILPHEAD*  
1 August 2019

## **NOTICE OF MEETING**

A meeting of the **HELENSBURGH AND LOMOND COMMUNITY PLANNING GROUP** will be held in the **OSPREY SUITE, COMMODORE HOTEL, HELENSBURGH** on **THURSDAY, 8 AUGUST 2019** at **10:00 AM**, which you are requested to attend.

### **BUSINESS**

- 1. WELCOME AND APOLOGIES**
- 2. MINUTE OF THE PREVIOUS MEETING OF THE HELENSBURGH AND LOMOND AREA COMMUNITY PLANNING GROUP HELD ON 9TH MAY 2019** (Pages 3 - 8)
- 3. CPP MANAGEMENT COMMITTEE UPDATE, SAMANTHA SOMERS** (Pages 9 - 12)
- 4. AREA COMMUNITY PLANNING ACTION PLAN**
  - (a) Action Tracker, Samantha Somers (Pages 13 - 16)
  - (b) Update on Consultation, Samantha Somers (Pages 17 - 18)
- 5. COMMUNITY FOCUS**
  - (a) Helensburgh Community Council: Vision for Helensburgh
  - (b) Any other updates from community groups within the Helensburgh and Lomond area
- 6. ARGYLL AND BUTE OUTCOME IMPROVEMENT PLAN 2013-2023: LINKS TO OUTCOME 1: THE ECONOMY IS DIVERSE AND THRIVING AND OUTCOME 2: WE HAVE INFRASTRUCTURE THAT SUPPORTS SUSTAINABLE GROWTH**

Any updates from partners/community groups under these outcomes
- 7. PARTNER UPDATES**

(a) Health and Wellbeing Annual Report (Pages 19 - 42)

**8. TIMINGS OF MEETINGS**

**9. DATE OF NEXT MEETING**

Thursday 7<sup>th</sup> November 2019, 10.00 in Cove Burgh Hall

**HELENSBURGH AND LOMOND COMMUNITY PLANNING GROUP**

Stuart McLean (Chair)

Laura Cameron (Vice Chair)

Contact: Samantha Somers 01546 604464

**Minutes of the HELENSBURGH AND LOMOND COMMUNITY PLANNING GROUP meeting  
held in the GIBSON HALL, GARELOCHHEAD  
on THURSDAY, 9 MAY 2019 at 10:00 AM**

**PRESENT**

<b>Laura Cameron (Vice Chair)</b>	
Mandy Crosslaw, Garelochhead Community Council	Nicola Reaney, Argyll & Bute Council
Theresa Correia, Scottish Enterprise	Barbara Warren, Helensburgh Community Council
Councillor Lorna Douglas, Argyll & Bute Council	Morevain Martin, Garelochhead Station Trust
Christine Woods, Helensburgh Community Council	Sephton MacQuire, Dunbritton Housing Association
Mary Gray, Garelochhead Community Council	Samantha Somers, Argyll & Bute Council
Craig McNally, Health and Social Care Partnership	Roddy MacNeill, Police Scotland
Tom O'Brien-Barden, Rosneath and Clynder Community Council	Colin Crichton, Live Argyll
Allan Comrie, SPT	Eileen Kay, Argyll & Bute Council
Ryan Thomson, Helensburgh Youth Forum	Steph Thomas, Argyll & Bute Council
<b>In attendance:</b> Marion Archard, Public David Archard, Public Zoe Walsh, Park Mobility Hugh Young, Park Mobility Andrew Galloway, Helensburgh Advertiser	

**WELCOME AND APOLOGIES**

Apologies were received from :-

Stuart McLean, Scottish Fire & Rescue Service, Chair  
Councillor Ellen Morton

Laura Cameron welcomed the attendees to the meeting.

**1. MINUTE OF THE PREVIOUS MEETING OF THE HELENSBURGH AND LOMOND AREA COMMUNITY PLANNING GROUP HELD ON THE 7TH FEBRUARY 2019 (Pages**

The minutes were approved.

**2. CPP FULL PARTNERSHIP**

Samantha Somers, Community Planning Officer gave an update to the group on the CPP Full Partnership held in the newly refurbished Queens Hall, Dunoon on 28 March 2019. Due to the CPP Full Partnership event there was no CPP Management Committee meeting held in March.

Instead of distributing a paper update on the event a video montage was shown, created by the Community Planning Team with photos from the event. Each ACPG chair gave a presentation on the day, which was well received. Community groups were also well represented at the event and the event was facilitated on the day by the Head Boy and Head Girl from Dunoon Grammar School who also gave the key note address. Pupils from Dunoon Grammar also provided some catering on the day and provided musical entertainment during lunch.

Sephton MacQuire noted to the group that it had been a great event, with the pupils giving a great performance on the day.

### **3. AREA COMMUNITY PLANNING ACTION PLAN**

Samantha Somers explained that the Community Empowerment (Scotland) Act 2017 required all ACPGs to produce locality plans. Helensburgh and Lomond has completed this process by looking at the Place Standard Tool in 2017 and creating area actions for 3 years. The Place Standard consultation is currently live again and will formulate actions for the next three years. All groups are encouraged to complete the survey which can be found on the Consultations page of the council website. If any groups need support or information on this they can contact Samantha Somers or Kirsty Moyes, Community Development Officer for Helensburgh & Lomond. It was noted that Helensburgh Community Council are producing their own community-led action plan and that the Community Planning team have asked to work with them to prevent any duplication of approach.

Updates on actions were given, noting that 3 are not on track, 6 are on track and 1 is complete. The actions not on track are (i) Working with the Local Community regarding the retail and local business offering in Helensburgh. There had been confusion on who is leading this action as and what the focus of the work should be, (ii) Kilcreggan speed detection equipment. There has been no response from the council department that deals with this to find out when this has been programmed in to the timetable. It is a council road (not BEAR) therefore council equipment needs to be used. Police Scotland have worked with areas in the past to provide, and this may be a way forward if the council are unable to provide within a reasonable timeframe, (iii) Arrochar. Concern from community as to who is leading on this and where the action came from. The Chair and Vice Chair are holding a meeting with the local community on 21 May to try and resolve the outstanding issues.

### **4. COMMUNITY FOCUS**

**Garelochhead Station Trust** – A presentation was given by Morevain Martin giving the background of the trust and current activities. Initially, the Kilmarnock Station Trust approached them to see if there was any desire to use the unused station buildings in Garelochhead. Community consultation events were held on potential usage of the station. One of the main findings noted that veterans and veterans' spouses formed a large part of those responding to the consultation. There is a large Naval Base nearby yet no military support in the village. A needs analysis was then carried out by Morevain and the responses showed that while the station building is lovely, there is nothing to do inside when trains are stopped there.

Kilmarnock Station was noted as good example as it has electric bikes, a restaurant and a sewing group available at their station (which is much bigger) and is used to deliver many services to the community.

As noted, there are not services or feed in to the Naval Base from local villages. The nearest veterans project is in Dumbarton, which only operates 3 half days per week and is primarily focussed as a museum and collecting artefacts. The nearest Royal British Legion is in Clydebank or Paisley. There is no local support for veterans. The Mental Health Report on the Armed Forces from the House of Commons states that in 2018, 71 serving personnel or veterans took their own life. The report highlights that mental health support available to personnel, veterans and families is failing. There is a definite need in communities to support, and address, that need. The Trust has negotiated with the NHS to deliver an ASIST suicide prevention course in July – the response to which was so great that the course registration was full by May 2019. Additional meditation and relaxation groups are scheduled for June and the first 6 week mindfulness course has recently completed - this course was full and the feedback was excellent showing it had made a huge difference to those who attended. The trust are happy to work with other veterans groups and have visited and worked in partnership the War Blind Centre in Paisley. The Trust offer activities for veterans and their families such as the Brunch Club – where veterans can talk and are offered support in an open environment.

Future plans for the Trust include offering services to those about to leave the military and they have been working with Learning Development Centre in Faslane to offer a 12 week course for those about to leave, targeting them and their families. Skills offered will include relaxation, basic cookery and basic budgeting (like paying and registering for council tax). The Trust are also working with the Citizens Advice Bureau to provide additional support.

Veterans have skills that the wider community can benefit from and the group is not just for veterans as a wide range of ages are supported (veterans and family members aged from 10 – 94 are currently being supported). For more information Morevain can be contacted on [morevain@ksrht.org](mailto:morevain@ksrht.org) or 07541 777559.

Morevain offered and open invitation to the group to attend the Trusts D-Day celebration which starts at 1030 in the Gibson Hall on 6 June. There is also a new mindfulness course starting on 22 May and 2 “heart start” courses are being held on 16 May (one at 7pm) which all are welcome to attend, as well as coming along to one of the Tuesday Brunch sessions to see what goes on.

Craig McNally from the Argyll & Bute Alcohol and Drug Partnership asked Morevain to look at how they can link in and work with the group going forward. The Vice Chair thanked Morevain for her presentation.

**Park Mobility** - Hugh Young from Park Mobility gave a presentation on how access to mobility scooters was introduced in Kelvingrove Park to tackle barriers faced by the disabled in accessing park areas. Inspiration for the idea came from the Canary Islands which offers free use of electric mobility scooters. As not everyone has the ability to purchase, charge or store an electric scooter, the group looks to provide free use of electric mobility scooters in areas that may have previously been inaccessible to the disabled. The service is free to use, with just a membership or day pass required. Young people have been engaged in other areas to help

them learn transferable skills to make them more employable, socially aware and increase communication skills. The service therefore supports the community elderly and young people.

The group are keep to try to roll this out in Helensburgh and the surrounding areas (noting that as Council funding is limited to support this, it would need to be self-sustaining). Scooters would allow those with limited mobility to access areas like the Helensburgh sea front and Hermitage Park. The group are looking to Sustrans and National Lottery for potential funding support. They are also investigating a potential community asset transfer (at early stages) for the Helensburgh Pier head toilets, adding turnstile access to collect funds and possible shell fish bar. They would also look to local businesses to sponsor scooters and potentially provide employment opportunities for the youth supporting the service.

Whilst attendees on the whole felt this scheme could have a great positive impact in the area there were concerns raised regarding pavement suitability in some areas (Clynder) and access to charging points. The group advised that the intention would be to have charging points manned to assist users and they could look to see if existing electric car charging points could be utilised. The group have also approached the Hermitage Park Development Officer.

It was noted that Buchlivie and Pitlochry have turnstile toilets which are owned by community groups which are used to sustain activities in the area. They could be approached to assist the Park Mobility scheme expand in Helensburgh area.

Colin Crichton from LiveArgyll is happy to discuss further with Park Mobility to see what actions can be taken forward. They noted that their apprentices could potentially be involved moving forward.

### **Updates from Community Groups within the H&L area**

Garelochhead Community Council – Have not met for some time but have a meeting scheduled in w/c 13 May. No update on actions available.

Helensburgh Community Council – Helensburgh has no Community Emergency Plan and this is being pursued. The CC has engaged with Susan Donnelly, Civil Contingencies Manager. It should be noted that this is a community-led emergency plan and that statutory agencies have appropriate plans in place. Samantha advised that Ready Scotland have household guides on how to prepare for emergencies. These could all be used to create a specific H&L plan. Helensburgh CC asked for this matter to be added to the Action Plan. It was also noted that the Vision for Helensburgh Group (VFHG) has some crossover with Making Places however the VFHG are looking for a much wider response group. Once they have the responses the results will be shared.

Rosneath & Clynder Community Council – Noted issues and concern regarding trying to encourage new people in the community to join the Community council and participate in activities and achieving aims. It was noted that the Community Council were looking at becoming more active in social media and using Facebook or advertising more. It was noted that there is no youth engagement at present with the CC. Some local concerns were the need for more play areas, speeding, the state of roads to Kilcreggan and Garelochhead and the management on green

spaces, the latter of which it is felt the council and housing associations are not doing as much as is required as wild areas are developing that need control and footpaths are in a poor state (noting the paths in Clynder are especially bad). Graveyard management has also been raised with the council. Progress is beginning to be made in some areas.

Sephton MacQuarrie noted that the Dunbritton grounds should be up to date. Tom O'Brien-Barden asked to speak with Sephton privately after the meeting regarding some specific grounds issues.

Succoth Housing Association – Sephton MacQuarrie advised the group that the official opening of this development was 2 weeks ago.

**5. ARGYLL AND BUTE OUTCOME IMPROVEMENT PLAN 2013-2023: LINKS TO OUTCOME 5 (PEOPLE LIVE ACTIVE, HEALTHIER AND INDEPENDENT LIVES) AND OUTCOME 6 (PEOPLE LIVE IN SAFER AND STRONGER COMMUNITIES)**

Health and Wellbeing Annual Update - Craig McNally , Health and Social Care Partnership gave an update on the Health and Wellbeing Network and its links to the CPP. It was noted that there was currently a survey live looking at how best to link Community Planning to the Health and Wellbeing Networks and all were encouraged to respond.

Sephton asked whether Argyll and Bute Care and Repair have been approached to join the local Health and Wellbeing Network. Samantha said that she would pass on the contact details to the local Health and Wellbeing Network coordinator.

Police Scotland Update - Roddy MacNeill advised that it is business as usual in the area. Police representatives are trying to get out to as many community council meetings as possible, resource dependant. There has been joint input with MoD Police to community councils to discuss issues regarding use of drones and no fly zones in the area.

There is a new traffic plan to implement next year in Luss regarding parking and the group were advised about an ongoing operation which is a multi-agency approach in the national parks concentrating on Luss and the A82.

Police Service Youth Volunteers will have their passing out parade in a couple of weeks. They have events planned for the summer including a parade into the H&L Highland Games on 1 June and attending the Saltine Cup at Gleneagles. The youth are enjoying their involvement.

Speeding locations – many have been identified in the area and officers are being trained to address this. The speed detection van has been deployed in Cardross and Arrochar, however this can only be deployed based on crash statistics so it is difficult to direct this to specific areas on demand. There have been community speed watch enquiries from Rosneath and Cardross. The equipment needed has to be purchased by the local community yet it cannot guarantee income through collection of fines. The Police speed gun is being deployed in the area when resources allow. The dual carriageway at Hermitage Academy, Cardross and Arrochar were identified as known speeding hotspots.

Friends of Hermitage Park have contacted the Police to provide a presence in the park to deter youth gatherings. Police know that Hermitage Park is a problem area and a plan is in place for the police to be there as much as they can. The local police are very busy as they are first responders in the area. The police advised that they do use social media to advise the community of any traffic issues and that they could look to use the same channels to advise when police will be present in specific areas to act as a deterrent. Police may tie in with ACHA to advise residents that it can affect tenancy if children of tenants are identified in poor youth behaviour.

Neighbourhood watch – Helensburgh use social media to update issue to residents. They continue to tie in with Trading Standards, Dumbarton and have recently completed spot-checks on paperwork for building services provided in the area. An article is to be put in the local paper this week regarding this. Rural Watch can be used to alert residents to specific threats in their area and all were encouraged to sign up to it.

Scottish Fire and Rescue Service Update – as there was no representative from Fire and Rescue available their update will be provided at a later meeting.

### **7. PARTNER UPDATES**

Modern Apprentices – The youth forum raised over £1000 participating in the Glasgow Kiltwalk. 10 young people walked from Clydebank to Balloch. They plan to use this money to provide 3 different Fire Skills week long courses. The course allows young people to experience what life as a firefighter is like and to learn outside a school setting. Building confidence and skills. 12 young people attended the first course in May 19. They are continuing the youth volunteer work by gardening in Hermitage Park and at Robin House and by helping out at the Helensburgh Foodbank. Morevain Martin said the youth forum made such a difference at the Foodbank volunteer day and passed on great thanks from the Foodbank.

Helensburgh & Lomond Community Learning – H&L will have 2 full time community learning workers and one half post for literacy. There will no longer be separate adult and youth service, and the posts will work across all ages. This is an exciting time with opportunities to expand work across community groups for learning and development. Eileen Kay is happy to chat with the Rosneath & Clynder CC to assist them in engaging youth in that area.

SPT – Allan Comrie advised that the Strathclyde transport consultation has now completed. If there are any local matters arising in the draft strategy he will feed this back to the group. He advised the group that HI-TRANS had been approached regarding the feasibility of creating a rail stop near the Naval Base at Faslane. It was noted that the study is at a very early stage and only looking at the existing rail network, number of possible users, potential site of station and traffic management.

### **8. DATE OF NEXT MEETING**

The next meeting will be on Thursday 8<sup>th</sup> August 2019 from 1000 in the Osprey Suite of the Commodore Hotel.



---

**Argyll and Bute Community Planning Partnership**

[Insert Name]  
Area Community Planning Group



[Insert Date]

---

**Briefing Note: Community Planning Partnership Management Committee update**

---

This briefing relates to the meeting of the Community Planning Partnership (CPP) Management Committee on 26<sup>th</sup> 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 26<sup>th</sup> 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**

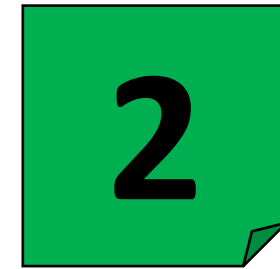
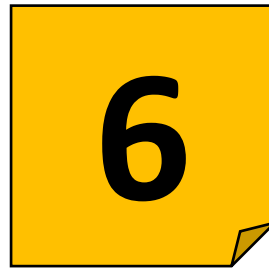
Communicating Community Planning is a priority for the Partnership and we welcome issues raised at Area Community Planning Groups, where these cannot be resolved locally, to be highlighted to the Argyll and Bute Management Committee meetings. The next formal meeting of the Community Planning Management 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](mailto:cppadmin@argyll-bute.gov.uk) 01546 604464

This page is intentionally left blank

# Helensburgh and Lomond Area Community Planning Action Plan Update on Progress



Progress as at April 2019

**Actions which are classed as “not on track”**

Reference No.	Date agreed	Community Name	Lead Organisation	Action
HL01	October 2017	Helensburgh	Argyll & Bute Council	<i>Work with local communities to have an increase in confidence regarding the retail/local business offering within Helensburgh</i>
HL06	October 2017	Kilcreggan	Argyll & Bute Council	<i>Use speed detecting equipment to determine whether speeding cars is an issue for this community</i>

**Actions which are classed as “on track”**

Reference No.	Date Agreed	Community Name	Lead Organisation	Action
HL02, HL03 and HL10	October 2017	Arrochar, Tarbet and Ardlui	Arrochar, Tarbet and Ardlui Community Council, Arrochar, Tarbet and Ardlui Community Development Trust and the Arrochar Alps Business Development Group	<i>Support the Community Council, Community Development Trust and Business Group to deliver key actions within their community-led action plan, with a focus on community facilities, infrastructure and services and developing Arrochar, Tarbet and Ardlui as a destination</i>
HL07	October 2017	Helensburgh	Argyll & Bute Council	<i>Work with Kirkmichael Community Group to establish a programme of activities for all ages</i>
HL08	October 2017	Helensburgh	Health and Social Care Partnership	<i>Continue to raise the profile of the area and challenges that local residents face into the Out of Hours Review</i>

Reference No.	Date Agreed	Community Name	Lead Organisation	Action
				<i>being undertaken by Greater Glasgow and Clyde Health board</i>
HL09	October 2017	Helensburgh	Argyll & Bute Council	<i>Support the Helensburgh Waterfront project (flood defences, car parking, public realm and Helensburgh swimming pool) to increase marine tourism</i>

#### Actions which are classed as “complete”

Reference No.	Date agreed	Community Name	Lead Organisation	Action and Update
HL04	October 2017	Helensburgh	Argyll & Bute Council	<i>Work to improve Positive Destinations figure for pupils leaving Hermitage Academy</i>
HL05	October 2017	Helensburgh	Argyll College UHI	<i>Establish Argyll College UHI within Helensburgh</i>

Date when plan was approved: October 2017 by Helensburgh and Lomond Area Community Planning Group

Icon Credits: Gear Icon and Task Complete Icon made by Freepik from [www.flaticon.com](http://www.flaticon.com)  
Exclamation Sign icon made by Dave Gandy from [www.flaticon.com](http://www.flaticon.com)

This page is intentionally left blank



---

**Argyll and Bute Community Planning Partnership**

**Helensburgh and Lomond Area Community Planning Group**

**8<sup>th</sup> 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 30<sup>th</sup> September 2019. It can be accessed at <https://tinyurl.com/abcplacestandard>

A total of 552 respondents have completed the survey so far, with 140 of these in the Helensburgh and Lomond area. This equates to 25% of the total respondents. The geographic area and age breakdown of respondents is below.

Members of the Helensburgh and Lomond 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 Helensburgh and Lomond area.

Area	No. of Responses	Under 16	16 – 24	25 – 34	35 – 44	45 – 54	55 – 64	65 – 74	75+	Male	Female	Other
Arrochar	5						3	1	1	1	3	1
Cardross	11				1	3	2	5		7	4	
Clynder	3						1	1	1		3	
Cove	8			1	1	4	2			3	5	
Garelochhead	9			1	1	2	3	1	1	3	5	1
Helensburgh	85	7	5	5	7	14	20	19	8	46	37	2
Kilcreggan	13				1	4	4	4		8	5	
Portincaple	3						3				3	
Rosneath	2						1	1		2		
Shandon	1							1		1		
<b>Totals</b>	<b>140</b>	<b>7</b>	<b>5</b>	<b>7</b>	<b>11</b>	<b>27</b>	<b>39</b>	<b>33</b>	<b>11</b>	<b>71</b>	<b>65</b>	<b>4</b>

## Conclusion

140 respondents to the Place Standard survey are from the Helensburgh and Lomond area, covering 10 communities. Members of the Helensburgh and Lomond 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 30<sup>th</sup> September 2019.

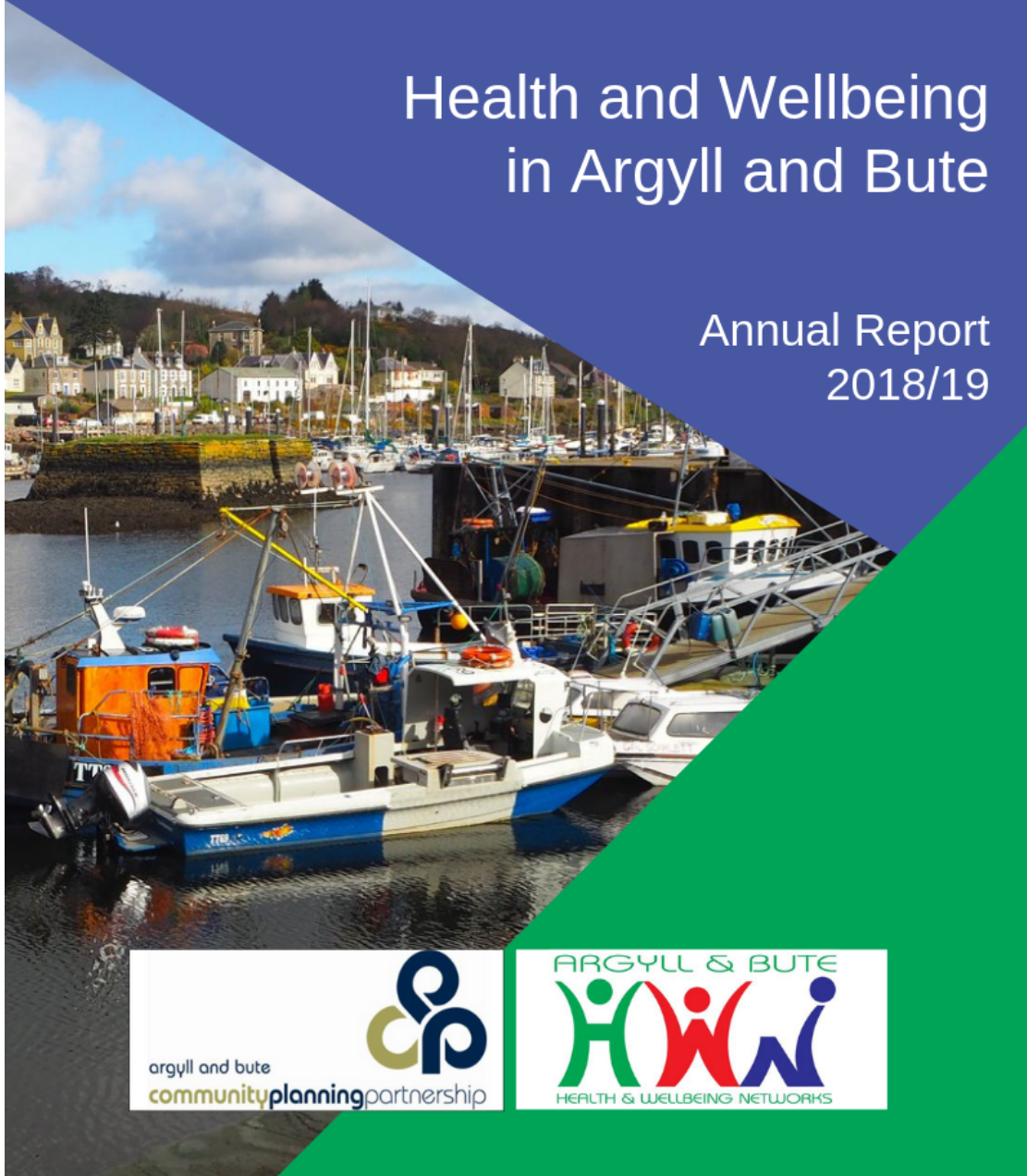
**For further information, please contact:**  
**Samantha Somers, Community Planning Officer**  
[cppadmin@argyll-bute.gov.uk](mailto:cppadmin@argyll-bute.gov.uk) 01546 604464

# A&B HSCP || Transforming Together

Argyll & Bute Health & Social Care Partnership

## Health and Wellbeing in Argyll and Bute

Annual Report 2018/19



This page is intentionally left blank

# 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

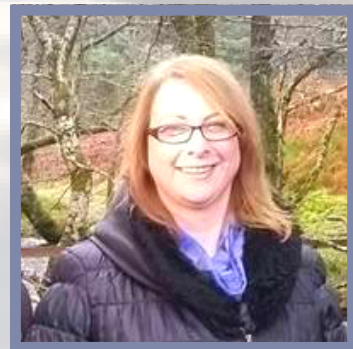
*Welcome to the Health and Wellbeing Annual Report. Here we highlight some of the important work we have supported and delivered to enable people to lead longer, healthier lives in Argyll and Bute throughout 2018-19.*

*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](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



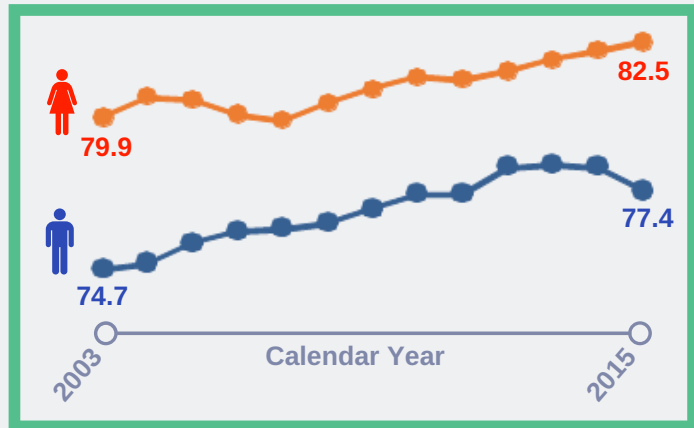
Over the next 10 years, the population is projected to decrease overall by 4% to 83,120 people. However, the population of those 85+ is projected to increase by 32% to a total of 3,437 people in 2029, with an increase to 2,715 people by 2021.

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.

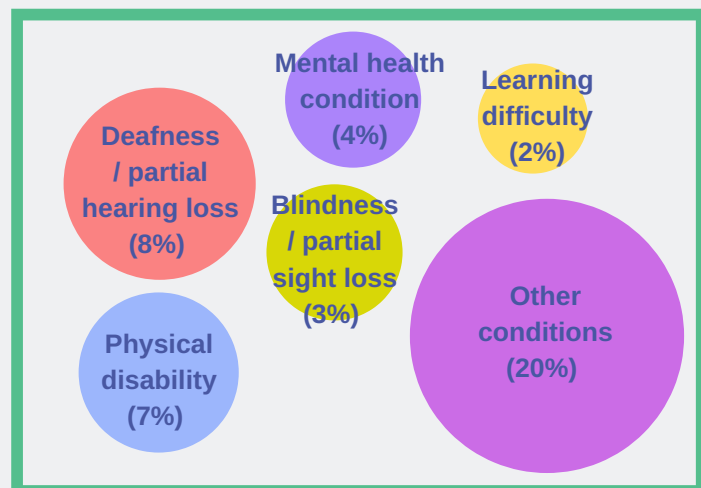
## Life Expectancy



**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



## 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](mailto: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).

[maggie.clark2@nhs.net](mailto:maggie.clark2@nhs.net)

## Sam Campbell

Health Improvement Senior

[samanthacampbell@nhs.net](mailto:samanthacampbell@nhs.net)

## Jenny Dryden

Health Improvement Senior

[j.dryden1@nhs.net](mailto:j.dryden1@nhs.net)

## Laura Stephenson

Health Improvement Senior

[laurastephenon@nhs.net](mailto:laurastephenon@nhs.net)

## Lynsey Gates

Health Intelligence Assistant

[lynsey.gates@nhs.net](mailto:lynsey.gates@nhs.net)

## Heather McAdam

Screening Engagement Officer

[h.mcadam@nhs.net](mailto:h.mcadam@nhs.net)

## JoAnne Loughlin

Administrative Assistant

[joanne.loughlin@nhs.net](mailto:joanne.loughlin@nhs.net)

## 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](mailto:alison.hardman@nhs.net)

## Angela Coll

Health Improvement Senior

[angela.coll@nhs.net](mailto:angela.coll@nhs.net)

## Caroline McArthur

Health Improvement Senior

[carolinemcarthur@nhs.net](mailto:carolinemcarthur@nhs.net)

## Sarah Griffin

Senior Information Analyst

[sarah.griffin1@nhs.net](mailto:sarah.griffin1@nhs.net)

## Jay Wilkinson

Public Involvement Officer

[jay.wilkinson@nhs.net](mailto:jay.wilkinson@nhs.net)

## Suzanne Baird

Administrative Assistant

[suzanne.baird@nhs.net](mailto:suzanne.baird@nhs.net)

## Our presence online:

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

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

e-mail: [High-UHB.ABHealthImprovement@nhs.net](mailto:High-UHB.ABHealthImprovement@nhs.net)

# Health and Wellbeing Networks

(HWNs)

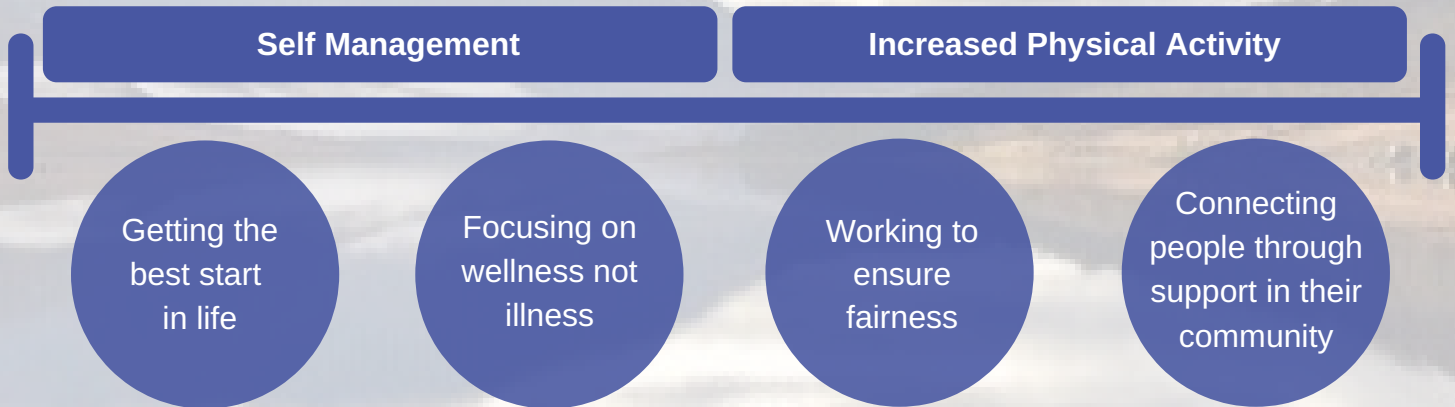


**£110,000**  
 Health and Wellbeing  
 Grant Allocation  
 2018/19  
*Administered by HWNs,  
 managed by  
 Public Health Team*

**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  
 Toddler group      Swimming      Empowerment      WRAP Workshops      ADULTS      Food bank  
 Residential Activity      Gardening      Climbing      Loneliness      Book Swap      Family break-up  
 Baby massage      Empowerment      MENTAL HEALTH      EARLY YEARS  
 OLDER PEOPLE      Mindfulness      Positivity      Horse riding      Balance & Strength  
 Boxercise      Forest schools      Advocacy      Dancing      Technology  
 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](mailto: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](mailto: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](mailto: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](mailto:carolinemcarthur@nhs.net)



**Audrey Baird**  
 audreyabhwn@gmail.com



Helensburgh & Lomond  
 HWN Co-ordinator

*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

**£23,500**  
 Health and Wellbeing Grant Allocation 2018/19

**23**  
 Projects Funded  
 Average award £1,381

**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

*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

**£13,200**  
 Health and Wellbeing Grant Allocation 2018/19

**16**  
 Projects Funded  
 Average award £828

**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](mailto: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](mailto: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



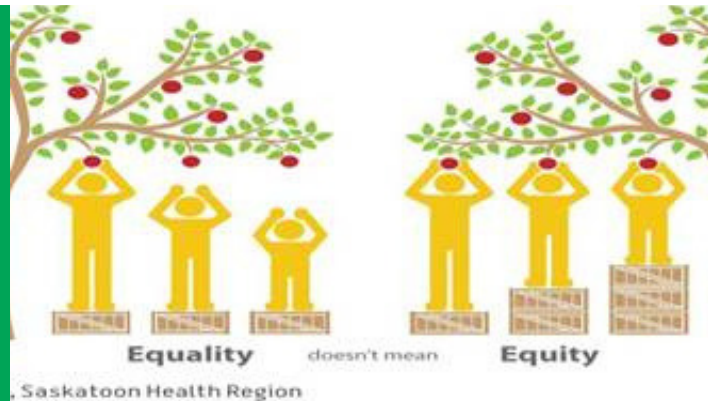
54 primary schools



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

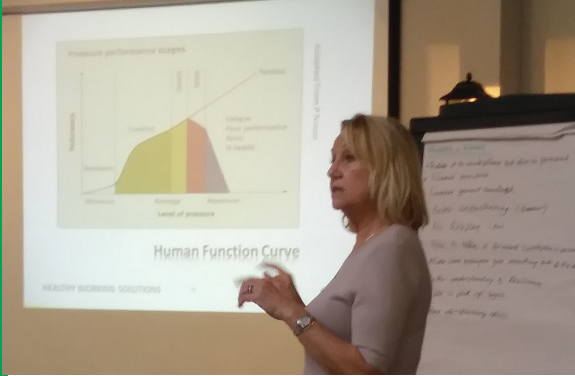
*Eliminate unlawful discrimination, harassment and victimisation and other prohibited conduct.*

*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:** Page 37  
To support the mental wellbeing of staff and pupils in Argyll and Bute.



## 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.



<sup>1\</sup> 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/>

<sup>2\</sup> **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](mailto:high-uhb.abhealthimprovement@nhs.net)





This page is intentionally left blank