

Appendix 5

Outcome 5: People live active, healthy and independent lives

Supporting activities within this Outcome			
Name of activity	Priority	Timescale	Lead Officer and Organisation
Explore options by a cost-benefit analysis, for free access to sport and leisure facilities and equipment	High	Short term	Muriel Kupris, Leisure Services Manager, Argyll and Bute Council
Support people to have a positive mental attitude through the development of a strategy	High	Short / Medium	??, Health and Social Care partnership
Support communities to identify and find their own solutions to develop formal and informal activities through local mentors and peer support	High / Medium	Long term	
Roll out of mental health first aid training	High / Medium		??, Health and Social Care partnership
Identify who needs support to be more physically active	High	Long term	
Have a strategic look at what assets could be used outwith their normal usage with a focus on transport, the school estate and community facilities	Medium	Short term	
All vending machines in public sector facilities to be replaced with healthy vending machines	Low		
Provide ready access to up-to-date information of all activities within communities using ALISS		Medium term	??, Health and Social Care partnership
Undertake targeted marketing to increase awareness and engagement of community activities and opportunities		Medium term (and ongoing)	
Increase knowledge among partners of activities happening within the communities			
Work in partnership to tackle obesity and diabetes			??, Health and Social Care partnership
Improve access and develop more opportunities for people to participate in physical exercise / activity			
Increase accessibility to outdoor environments / green spaces			
Develop an easy referral route for concerns regarding drug and alcohol			??, Health and Social Care

Supporting activities within this Outcome			
Name of activity	Priority	Timescale	Lead Officer and Organisation
addictions			partnership
Work in partnership to reduce tobacco use			??, Health and Social Care partnership
Promote and build social networks to improve mental health			
Target mental health and wellbeing training at community planning partners			??, Health and Social Care partnership
Implement systems which support all people who have lost others to suicide either in a professional or personal capacity			??, Health and Social Care partnership
Provide a comprehensive training programme for suicide and self-harm			??, Health and Social Care partnership
Ensure leisure facilities are available at peak anti-social times			
Redesign services to ensure that older people can live healthy active lives in their community			??, Health and Social Care partnership
Develop a person-centred approach to identifying needs and accessing advice			??, Health and Social Care partnership
Promote individual housing options to meet housing need			
Regenerate communities by improving the quality, condition and energy efficiency of housing			
Ensure maximum uptake of available income and benefits			

Recommend to Remove

Note: these activities are recommended to be removed from the SOA delivery plan

Name of activity	Reason
Continue to shift the balance of care from institutional to community based settings	In Health and Social Care Partnership Strategic Plan
Promote and develop care and support at home that contributes to preventing avoidable admissions to hospital or residential care	In Health and Social Care Partnership Strategic Plan
All service providers use an approach which encourages mobility and promotes strength and balance reducing falls in older people	In Health and Social Care Partnership Strategic Plan
Maintain a new build social housing programme including housing for varying needs to enable people to live more independently	No longer relevant
Carers are identified, supported and enabled to fulfil their roles	In Health and Social Care Partnership Strategic Plan
Reduction in drug related morbidity and mortality	Not an activity
People receive early and brief interventions that are effective in reducing consumption of alcohol	In Health and Social Care Partnership Strategic Plan
Evidence based health promotion is delivered in partnership (informing and supporting)	Not prioritised
Improve wellbeing in sexual health and reduce risk of blood born viruses	In Health and Social Care Partnership Strategic Plan
Integrate health and social care services in Argyll and Bute	In Health and Social Care Partnership Strategic Plan
Deliver services that assist with the reablement of older persons	In Health and Social Care Partnership Strategic Plan
The incidence of homelessness is reduced	Reworded
Improve energy efficiency in the housing stock within Argyll and Bute	Reworded
Reducing inequalities through employment / employability	Not an activity
Investigate key interventions that could be supported in our communities to minimise the impact of poverty	Reworded
Ensure maximum impact from the Scottish Welfare Fund	Not prioritised
Adverse impacts of welfare reform are minimised	Reworded