

# HEALTH AND WELLBEING IN ARGYLL AND BUTE ANNUAL REPORT 2015 - 2016

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## Introduction

**Alison McGrory,  
Health Improvement Principal  
NHS Highland, Argyll and Bute**

The Health Improvement Team in Argyll and Bute continues to build the Health and Wellbeing brand to raise awareness of the potential of Argyll and Bute's people to lead healthier and happier lives.

We are proud of our achievements on social media this year, with the number of likes for the Healthy Argyll and Bute facebook page now standing at 611.

This report includes highlights of our activity during 2015-16. Please look us up on facebook to tell us what you think.

[www.fb.com/healthyargyllandbute](http://www.fb.com/healthyargyllandbute)

# Health and Wellbeing Networks & Health and Wellbeing Grant Fund

## Alison McGrory and Network Co-ordinators

### Health and Wellbeing Networks

The 8 Health and Wellbeing (HWB) Networks throughout Argyll and Bute have continued to meet on a regular basis to promote health and wellbeing and to administer and support the HWB grant fund. Each network has a co-ordinator who runs the network with payment of £5,000 provided by the Public Health Department of NHS Highland. Co-ordinators complete annual reports of their activities which are available at:

[www.healthyargyllandbute.co.uk](http://www.healthyargyllandbute.co.uk)

Finally, the administration of the Networks is now supported by a formal Service Level Agreement between NHS Highland and the co-ordinators. This took some time to do and we were supported by the NHS contract manager. The SLA sets out expectations of the service and key performance measures. It is monitored by way of the annual reports mentioned above.

### Health and Wellbeing Grant Fund

Health and Wellbeing Grant Fund Networks administer small grants which are allocated using a formulae based on National Resource Allocation Committee (NRAC). Grant allocation is devolved to local community level.

| Area  | % of total budget | Amount of funding |
|---|-------------------|-------------------|
| <b>Bute</b>                                 | 9%                | £9,881            |
| <b>Cowal</b>                                | 17%               | £19,350           |
| <b>Helensburgh and Lomond</b>               | 25%               | £27,490           |
| <b>Islay and Jura</b>                       | 5%                | £5,285            |
| <b>Kintyre</b>                              | 10%               | £10,889           |
| <b>Mid Argyll</b>                           | 11%               | £12,411           |
| <b>Mull, Iona, Coll, Tiree and Colonsay</b> | 5%                | £5,868            |
| <b>Oban and Lorn</b>                        | 18%               | £20,525           |
| <b>Total</b>                                | 100%              | £111,700          |

Table 1 - How the fund was shared across Argyll and Bute.

There have been some changes again this year to the network co-ordinators:

- Eleanor Sloan who was the co-ordinator in Kintyre left Homestart in March 2016 and a new co-ordinator is about to take on the role.
- Eleanor also looked after the Islay and Jura Network during 2015-16. Gill Chasemore is the new co-ordinator taking over from Eleanor. She works for the TSI in Islay.
- Susan McFadyen finished her co-ordinators post in Cowal where they are in about to advertise for a new person.

In 2014-15 a new network was piloted for the islands of Mull, Iona, Coll and Tiree. This has worked well and is now permanent.

|  |  |
|--|--|
| <b>Total spend</b>                               | <b>£111,870.95<br/>(£61,700 core plus £50,000 ICF)</b> |
| <b>Number of projects funded</b>                 | <b>120</b>   |
| <b>Average award</b>                             | <b>£932.26</b>   |
| <b>Strategic priorities met:</b>                 |  |
| <b>Health inequalities</b>                       | <b>21</b>  |
| <b>Mental health</b>                             | <b>16</b>  |
| <b>Tobacco</b>                                   | <b>75</b>  |
| <b>Alcohol</b>                                   | <b>56</b>  |
| <b>Obesity</b>                                   | <b>61</b>  |
| <b>Early years</b>                               | <b>46</b>  |
| <b>Older people</b>                              | <b>28</b>  |
| <b>Teenage transition</b>                        | <b>7</b>   |
| <i>(NB many projects met several priorities)</i> |  |

Table 2 – How the grants were allocated.

A very wide range of projects receive health and wellbeing grants.

Below is a flavour of activity:

- £500 for Lochgilphead Christmas Day gathering
- £1,000 for Counterweight for Carers in Mid Argyll
- £1,920 for Helensburgh and District Men's Shed
- £850 for Oban Link Club
- £848 to support young carers in Kintyre
- £1,140 for strength and balance classes in Cowal
- £200 for the Struan Lodge lunch club
- £1,200 for area wide talking newspapers project
- £2,000 for a DVD resource on hearing loss highlighting the links with dementia
- £500 for Tiree Windsurfing Intro & Master Classes



*Tarbert, Circular walking route*



*Helensburgh, Tea in the park*



*Audiology DVD*

## ICF support for Health and Wellbeing

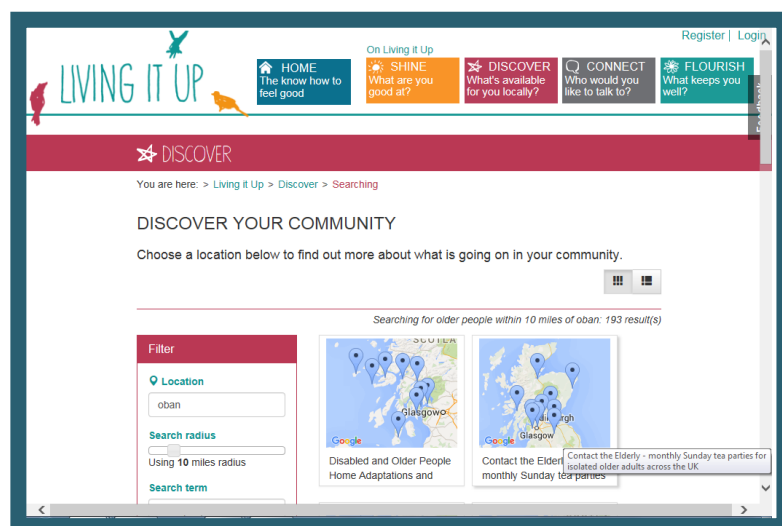
- During 2015-16 an additional £90,000 was made available to support the work of the Health and Wellbeing Partnership via the Integrated Care Fund (ICF). The ICF is ring fenced Scottish Government funding to support the integration of health and social care services and improve health and wellbeing outcomes. A sum of £40,000 from this additional allocation was used to build capacity in the networks and the remaining £50,000 was added to the small grant fund. This extra investment is considered to have had a significant impact on building capacity for health improvement in Argyll and Bute. A report was submitted to the ICF performance monitoring group in March

### Objectives include:

- ❖ Service improvements that improve the health and wellbeing outcomes of adults
- ❖ Prevention of ill-health
- ❖ Early intervention, care and support for people with complex and multiple conditions, particularly in those areas where multi-morbidity is common in adults under 65, as well as in older people
- ❖ Health and care support for older people

## Health Asset Mapping

During 2015-16, the Health and Wellbeing Networks have been involved in identifying 2,000 health assets across Argyll and Bute and getting them posted on the Living it Up website – [www.portal.livingitup.org.uk](http://www.portal.livingitup.org.uk) Asset mapping is the term used to identify all the things in our local communities that can contribute to people leading healthy and fulfilled lives. The type of assets is very wide and ranges from services, such as, benefits advice and citizen’s advice, to activities in local communities, such as, lunch clubs and befriending schemes. This work has been done in conjunction with the Scottish Government funded programme Technology Enabled Care (TEC), which aims to promote self management of long term health conditions using technology. Asset mapping will continue in 2016-17 aligned to the social prescribing contract with Carr Gomm.



[www.portal.livingitup.org.uk](http://www.portal.livingitup.org.uk)



## Self Management Yennie Van Oostende

Self Management continues to be a key priority to ensure that people with long term health problems can thrive and live as well as possible with their condition. Self management is not about going it alone, it is about team work with those around you as well as knowing what it is that you need from the health service and what is available in your community to stay socially connected. More self management coaches have been trained who are now delivering the “Living Well with a Long Term Condition Programme”, which consists of a choice of:

- Half day Pain Toolkit workshops led by peer coaches
- A five-week peer led self management programme
- Monthly peer support groups
- Tai chi for Health exercise and falls prevention programme
- 

All the above programmes are run by trained volunteers who themselves live with a long term condition or persistent pain, who are good self managers and understand the day to day issues and concerns. The focus of the above programmes is, as the title of the programme suggests, about improving your health and wellbeing, whether it is through getting socially and physically active, acquiring relevant information at the right time, or working with health professionals with you in the driver’s seat.

**It is Arthritis Care who coordinates this programme in partnership with the NHS. [www.arthritiscarescotland.org](http://www.arthritiscarescotland.org)**



A new resource called the Self Management Plan has been developed in Highland by the Let's Get on With It Together (LGOWIT) Partnership. This plan will support people with a long term condition to think through what they want out of life and how they can achieve that, while living with the reality of chronic ill health. We are looking for funding to get this resource printed, so that it can be used widely, but it will also be made available to download from [www.lgowit.org.uk](http://www.lgowit.org.uk)

Keep Well

**Alison Hardman**

& Healthy Working Lives

**Angela Coll**

The Keep Well funding is now in its final year, over the last five years we have tried a variety of models of anticipatory health care for vulnerable groups. From identified geographical areas with targeted health checks to specific groups such as carers and unemployed. We have worked with communities and the Health and Wellbeing Networks. Over the last year we have funded adult weight services, carers cooking classes, unemployed health activities through Lorna and Oban Healthy Options and supported the pilot for Coll Healthy options which will be running physical activities from GP prescriptions.



This coming year we will be looking at targeted co-production and partnership working within the community. This will be the final funded year from the Scottish Government and we hope over the last five years to have left a legacy within the communities we have worked in.

### Healthy Working Lives

Argyll & Bute currently have 22 workplaces registered for the HWL Award Programme, 12 of which have already achieved a HWL Award. In addition, Argyll & Bute supports 14 cross border HWL registrations (workplaces with sites throughout Scotland), of which 13 have a HWL Award. In total, that means there are 25 Awards held in Argyll & Bute: 13 Gold, four Silver and eight Bronze. These organisations vary significantly in size and come from all sectors.

All seven NHS sites in Argyll & Bute have a HWL Award. Cowal, Kintyre, Islay, Mid Argyll and Oban, Lorn and the Isles all have a Gold Award, Bute has a Silver Award and VICC has a Bronze Award.

There was one new registration in the Award programme in the last year. Webhelp Caledonian House in Dunoon achieved their Bronze Award in December 2015. All other workplaces are currently maintaining their current level of Award.

| Active Scotland Outcomes Framework   |  |  |   |   |  |
|--|--|--|---|---|--|
| National Strategic Priorities  |  |  |   |   |  |
| <b>Physical activity is about getting people moving, daily walking, playing in a park, going to a gym, training with a team or aspiring to win a gold medal – it doesn't really matter how people get active, it just matters that we do. Being physically active contributes to our personal, community and national wellbeing. Our vision is of a Scotland where more people are more active more often.</b> |  |  |   |   |  |
| We encourage and enable the inactive to be more active.  | We encourage and enable the active to stay active throughout life. | We develop physical confidence and competence from the earliest age. | We improve our active infrastructure – people and places. | We support wellbeing and resilience in communities through physical activity and sport. | We improve opportunities to progress and achieve in sport. |

Obesity is often mentioned as the epidemic of the 21<sup>st</sup> century, and there are many associated health risks. Becoming more physically active has significant benefits including attaining or maintaining a healthy weight.

Last year, we launched the Argyll & Bute Physical Activity Position Statement. This year, our involvement in updating the Argyll & Bute Council's Sport and Leisure Framework 2015-19 resulted in the inclusion of a priority to target and support people, who are currently inactive to become more active.

It takes a lifetime approach, with priorities and outcomes for all age groups. A Forum was set up to work collaboratively to promote physical activity and create a new Argyll Active Brand.

## Child Healthy Weight

Over the last twelve months the CHW budget has tried out a variety of ways to engage with people to work across the vast area of A&B given the restricted capacity.

The aim was to have a few tried methods of service delivery to evaluate and look at the best ways to move forward for 2016-2017 financial year. Inspiralba was commissioned to run a couple of projects across the area. Two events were arranged with the Barrow Band and local food producers in Campbeltown and Oban, these used the pull of a large organised community event and enabled a fun and engaging activity for families to learn and experience nutritional and food information. Also Inspiralba co-ordinated a primary school bidding process for school active play ground project. Primary schools placed a bit for money to use to increase activity in the play ground. We were over whelmed with the response and individual ideas that came forward and it proved very difficult to score and allocate the funding.

Part of the bid process was the request to provide feedback and evaluate the activities the money had enabled the children to undertake.





*Here are some pictures from Strone Primary School demonstrating some of the activities they are now able to do.*



Lochilphhead community swimming pool received money to target swimming lessons for their Health and Wellbeing Through Sport Programme. Enabling a group of children to access free swimming lessons and encourage families to access the pool facilities.

Fit-Ness provides healthy activity sessions for parents and children. During the sessions they undertake a variety of games, activities and healthy eating workshops. As part of our evaluation and evidence informed practice we commissioned a Social Enterprise to undertake an evaluation as to the benefits of this type of activity.

On the Isle of Bute for two years local NHS staff have delivered Fit-Ness in partnership with A&B leisure facilities and local community sports clubs providing taster sessions.

**Electronic copies are available from - [alison.hardman@nhs.net](mailto:alison.hardman@nhs.net).**

Current discussion and plans are underway for the next financial year looking at the lessons learned from last year's activities and maximising service delivery.



# Tobacco

Laura Stevenson

This year the stop smoking services in Argyll and Bute have continued to be delivered through GP practises and a further three practises became trained and signed up to the service specification. In addition we have supported three stop smoking nurses attended a two day Maudsley Smoking Cessation Training and Research course and a further two received shadowing from an experienced stop smoking nurse.

Stop smoking statistics are entered on a regular basis, and this year NHS Highland expect to meet the government target of 352 quits at twelve weeks post quit in the 40% most deprived within board SIMD areas

The Smoking Cessation Co-ordinator provided training to midwifery staff in Oban and Lorn Hospital, and gave input to the Midwifery Development Day with the Smoking Cessation Midwife and has discussed service developments and training with the wider midwifery team.



The Smoke Free Me programme was delivered in primary 6 /7 classes throughout Argyll and Bute. The programme consists of 5 lessons and a drama production. The drama toured Argyll and Bute delivering the drama in each locality. The Smoking Cessation Co-ordinator carried out an evaluation of the programme with primary school teachers; 75% said the resource was very good, 17% said it was good and 8% said it was fair.

Some of the comments from teachers included “This is a wonderful programme which the children really enjoyed and benefit from. The production at the end is the icing on the cake” and “The children in my class are desperately trying to encourage parents to stop smoking because of the facts they’ve learned.”

The findings from the evaluation have lead to a meeting with teachers to initialise a revised and updated programme for next year.

## Sexual Health

**Laura Stevenson**

Following on from a piece of work that developed [www.ab-wish.org](http://www.ab-wish.org), (Argyll and Bute's sexual health website) consultations with young people were completed in 2015 to further investigate the need for a free condoms project. Findings resulted in the planning of a Ccard pilot in Campbeltown, Lochgilphead and Helensburgh.

The pilot is aimed at 13 to 25 year olds.

An electronic card for 16 to 25 year olds is available from [www.ab-wish.org](http://www.ab-wish.org) or as an App for (android and IOS mobile devices), additionally a paper card is available for 13 to 25 year olds.

Procedures and guidance for Ccard were put in place and outlined in the Ccard Handbook which is used as a guidance tool for all staff delivering the service. Argyll and Bute council, NHS Highland and the Third Sector have received training to deliver the service which is due to be launched in May 2016. This will mean there will be a range of trained outlets in the pilot areas where young people can go with their Ccard to access free safer sex materials.

There are 11 outlets and 5 centres involved in the pilot. The outlets, whose main function is giving out the safer sex materials include pharmacy, Argyll College, Hart and Youth Services, whilst centres that are staffed by Ccard trained nurses will register 13 – 15 year olds to the pilot.

Condom packing has taken place with the help of volunteers from Waverley Care. They had to bag and label the wide variety of condoms on offer through the programme and make up 16 starter boxes.



Ccard posters, leaflets and window stickers will be used to promote the pilot. The pilot will be monitored and evaluated and run for 12 months.

### Staffing Update

At the end of 2015 Christine Wills retired from the post of Sexual Health Adviser, at this time a change in service delivery was planned. The service is now moving forward with two staff, Kirsteen Menzies (Addictions Nurse in the A&B Addictions Team) undertaking partner notification and Alison Hardman (Health Improvement Team) undertaking the Business and Staff support. Laura Stevenson continues in her Senior Health Promotion Specialist.

Sexual Health Services continue to be provided at the specialist clinics in Dunoon Tuesday mornings 9.15 – 11.45 appointments only [tel:- 01369 708359](tel:01369708359) and Helensburgh Fridays 9-12 and 1-4 [tel:- 01436 655000](tel:01436655000), a mixture of appointments and drop in. Further services are available from GP practices for registered or non registered patients, Oban Lorn Medical Practice, Campbeltown GP practice, Islay and Lochgilphead practice's.



## Sexual Health, Relationships and Parenthood Education *Laura Stevenson*

SHARE is an evidence informed educational resource for use by teachers and others working with young people to support learning about the Relationships, Sexual Health and Parenthood outcomes and experiences of Curriculum for Excellence – and influence a more positive sexual health culture in Scotland. The aim of the course is to equip staff to deliver SHRPE to 12 to 16 year olds. The Senior Health Improvement Officer developed a training programme and delivered, in partnership with Waverley Care, a one day Revised Sexual Health and Relationships Education course to sixteen participants. They also revised the three day course and delivered it to fourteen staff from Argyll and Bute Council, Highland Council, NHS Highland and the Third Sector. The twenty two SHARE lesson pack, developed for Health Scotland has been reviewed and updated to be more inclusive and reflect the changes in law and social culture, it contains new online materials, lesson plans and audio clips. The focus is on interactive learning based on the age and stage of participating young people (aged 13–16).



Some of the comments from the training include:

- ❖ “ I feel the programme has equipped me with lots of skills to communicate confidently with young people”
- ❖ “Feel much more equipped to deliver” “Have gained a lot of confidence over the three days”
- ❖ “Brilliant course delivered by brilliant staff! Thank you ladies”
- ❖ “Enjoyed it all tremendously.”



*Montage one small group created to reflect the imagery in young people's magazines.*

### HIV SLA

The Senior Health Improvement Officer continued to monitor a contract with Waverley Care. Waverley Care deliver training, raise awareness, provide one to one support to clients, deliver outreach and provide a range of information around HIV and LGBTI. This year Waverley Care introduced HIV Rapid Screening in Argyll and Bute. The screening was promoted through public sex environments, social networking sites and partner agencies. The test gives HIV results within twenty minutes and referral pathways have been established through Highland Sexual Health services and the Brownlee Clinic in Glasgow. Waverley Care also have delivered an extensive catalogue of training throughout Argyll and Bute including the delivery of transgender awareness training to all staff employed at Oban High School and one hundred and twenty pupils receiving WAD/HIV awareness in Tarbert Academy.

Free condoms by post continues to be well accessed, this allows men who have sex with men and young people living in remote and rural communities to access free condoms in a discrete way.



Social problems like debt, loneliness, relationship problems and stress often underlie health issues; they can also make health conditions seem worse. Social prescribing is supporting people with these problems, in a person-centred way, by putting them in touch with social support in their communities. Social prescribing can also help people with long term health conditions better manage their symptoms, for example, the Argyll Active exercise on prescription service. During 2015 a new service for social prescribing was commissioned from Carr Gomm. The development manager is called Amanda Grehan and she is based in Helensburgh.



The aims of this service include:

- ❖ Map out where social prescribing is already taking place in Argyll and Bute and develop case studies of good practice.
- ❖ Raise awareness of the concept of social prescribing with the public, prescribers and wider partners. Means to achieve this may include staff development sessions, developing information resources and showcasing examples of good practice.
- ❖ Development of a pathway to enable prescribers to easily navigate social prescribing and deliver this in their consultations with people.
- ❖ Review the approach to asset mapping and ensure that prescribers can get access to up to date information on local assets eg via ALISS, Living it Up and Argyll and Bute Advice Network.
- ❖ Identify gaps in delivery and target activity here.

## Review of Guided Self Help

Public Health is often described as having 3 domains:

- ❖ Health improvement, which is about enabling people to lead healthier lives and the prevention of disease.
- ❖ Health protection, which is about identifying at risk groups and reducing the effects of disease, examples include vaccinations, health screening and managing contagious diseases like food poisoning.
- ❖ Health and care service improvement, which is about reviewing and evaluating services and identifying how they can better improve the lives of people.

This third area of review is an important aspect of the work that is done in Argyll and Bute and this year we led a review on a mental health service. Common mental health problems like anxiety and depression are very prevalent in Scotland. The Guided Self Health Service was set up in 2012 to help people with mild to moderate symptoms to better manage their condition. The service is run in partnership between NHS Highland and the Third Sector Interface. During 2015 a review was undertaken to investigate the effectiveness of the service in improving mental health and wellbeing and to consider what improvements can be made.

The report can be found at: [www.healthvarovllandbute.co.uk](http://www.healthvarovllandbute.co.uk)

## Mental Health

*Yennie Van Oostende*

& SMHA Training

*Tracy Preece*

We have been fortunate this year to introduce **Branching Out** throughout Argyll & Bute. Branching Out is an outdoor programme that takes place in community woodlands aimed at people with mental health problems and delivered by trained Branching Out leaders and mental health support teams. It builds confidence in a variety of skills, such as woodland preservation, bush craft, outdoor art, foraging, cooking and socialising. This programme is led by the Argyll & the Isles Countryside Trust (AICT), supported by Forestry Commission Scotland and the Community Woodland Association, the NHS and the Alliance Self Management Fund. With enough funding for three years, we are aiming to build a sustainable outdoor programme in local community woodlands, that will benefit people with mental health problems to develop skills and interest in outdoor pursuits, volunteering and employment, that are all positive contributors to mental health and wellbeing.



Scotland's mental Health first Aid is a 2 day course working on the premise that crisis intervention can be applied to mental health in the same way as first aid is applied to physical health. The 2 day course introduces participants to a model of intervention and information on a range of common mental illnesses. The course acknowledges that we come across mental ill health in all spheres of life and therefore is suitable for the workplace and the community generally.

The course has been delivered at least twice a year in Argyll & Bute and 4 times in 2015/16. The course is always in high demand and the feedback excellent, both for content and the quality of the trainers of which there are 4 active in the area.

# Suicide and Self-harm training - Choose Life

## Tracy Preece

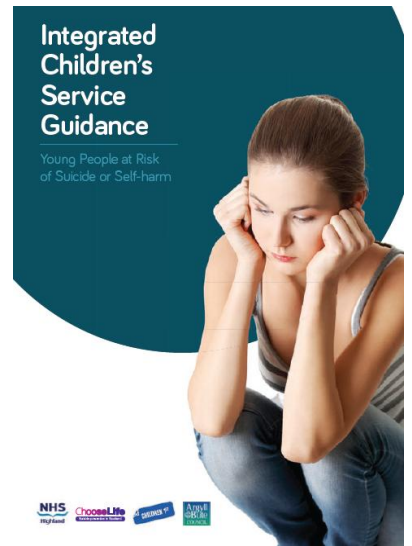
This year saw Choose Life build upon work started in 2014 on producing interagency guidance on young people at risk of suicide and self harm.

The document, co produced by a group of interested participants was co chaired by Choose Life.

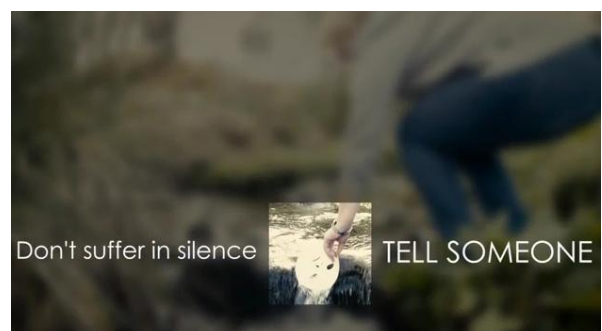
The document-

<http://www.argyll-bute.gov.uk/publications-practice-and-guidance>

Was ratified by Argyll's Children Group and launched at a conference held at Kilmory on 2nd September 2015 attended by 65 participants who all praised both the launch event and the document. The launch was followed up by promoting the document widely through the HWN's, head teachers meetings and locality forums.



To ensure that the voice of young people was also included in the process 2 short films have been produced, one on the experience of recovering from self harm by a group of Oban High School Students was shown at the conference and at subsequent meetings. The second focuses on the perspectives of mental health and helpful responses made by Tarbert Academy students. Both films can be seen at <http://www.tigershark.tv/Selected%20Portfolio> To further promote the role of young people in supporting their own and their peers, 44 S5/6 students from Campbeltown Grammar, Tarbert Academy and Islay High School have attended Safetalk. All pupils self selected for the training and the feedback has been overwhelmingly positive. The plan is to role this out further in the coming year.





# Motivational Interviewing

## Yennie Van Oostende

### & Promotional Activity

### Alison Mcgrory

Motivational interviewing (MI) training continues to be a course that is available for everyone who works in Argyll & Bute. This year, we have changed the format of the course to a two day face to face module combined with two short e-learning modules. This year we delivered a three day course and two bespoke courses for the Alcohol and Drugs Partnership with a total of 46 participants. We also ran Pain Toolkit Training for use in a health care setting with 34 participants and a module for 11 coaches who will run half day sessions to support people with persistent pain to manage their pain better using the pain toolkit. Using MI skills to support people to make a health behaviour change fits in well with the person centred, collaborative approach and demonstration of respect for those we work with, which we are aspiring to in the HSPC. It empowers people to reflect and make positive choices to improve their health and wellbeing.

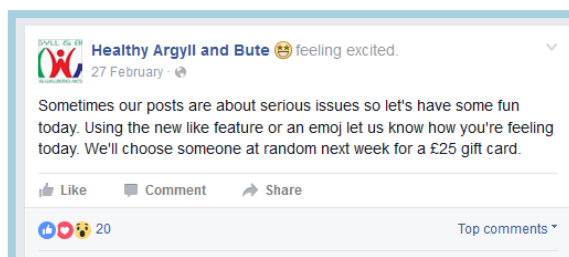
#### The website & facebook page

[www.healthylargyllandbute.co.uk](http://www.healthylargyllandbute.co.uk) & the [www.fb/healthylargyllandbute](https://www.facebook.com/healthylargyllandbute) continues to be used to promote topical health improvement issues and to share news of what has been going on to improve health in Argyll and Bute.

500 big shopper bags and 500 new designs of pen were divided amongst the HWN coordinators.



#### During the course of the year we ran two £25 gift voucher give away. Both of which received good participation



The Health Argyll & Bute facebook page now has 611 likes. The majority of the page likes come for 6 of the local localities.

- ❖ 96 from Campbeltown
- ❖ 94 from Dunoon
- ❖ 46 from Lochgilphead
- ❖ 38 from Rothesay
- ❖ 27 from Oban
- ❖ 15 from Helensburgh

*Figures from facebook analytics.*

