



# Welcome

to the launch of our Report  
and guided conversation

## *Extending Healthcare into the Community*

A HEALTHIER FUTURE  
for OBAN and LORN



## HEALTHY OPTIONS WHY DO IT?



- **40%** of our population have a chronic medical condition/s. That is **4,000** patients of the Lorn Medical Centre
- These conditions can be improved or control managed by adopting an active healthy lifestyle

This is our challenge:-

***“to improve the wellbeing of our ‘40%’ and for Oban and Lorn to become a more active, fitter, healthier community”***

**‘If there is a problem in the community  
the solution is in the community’**



## Healthy Options work is encapsulated in 4 key statements:-

- There are a growing number of people with chronic conditions or those heading towards having chronic conditions as well as people recovering from the effects of chronic conditions.
- A high percentage of these people's condition could be managed or improved by a change to a healthier lifestyle.
- People need to be motivated to make that change.
- Motivation itself is not enough; people need to be supported through the process of making the changes permanent in their lives and their programme needs to be tailored for their situation, aims and needs.



'If the problem is in the community the solution is in the community'

H&SC (NHS)  
(Low Cost)

WELL

Contributor to Society Assets

Quality of Life

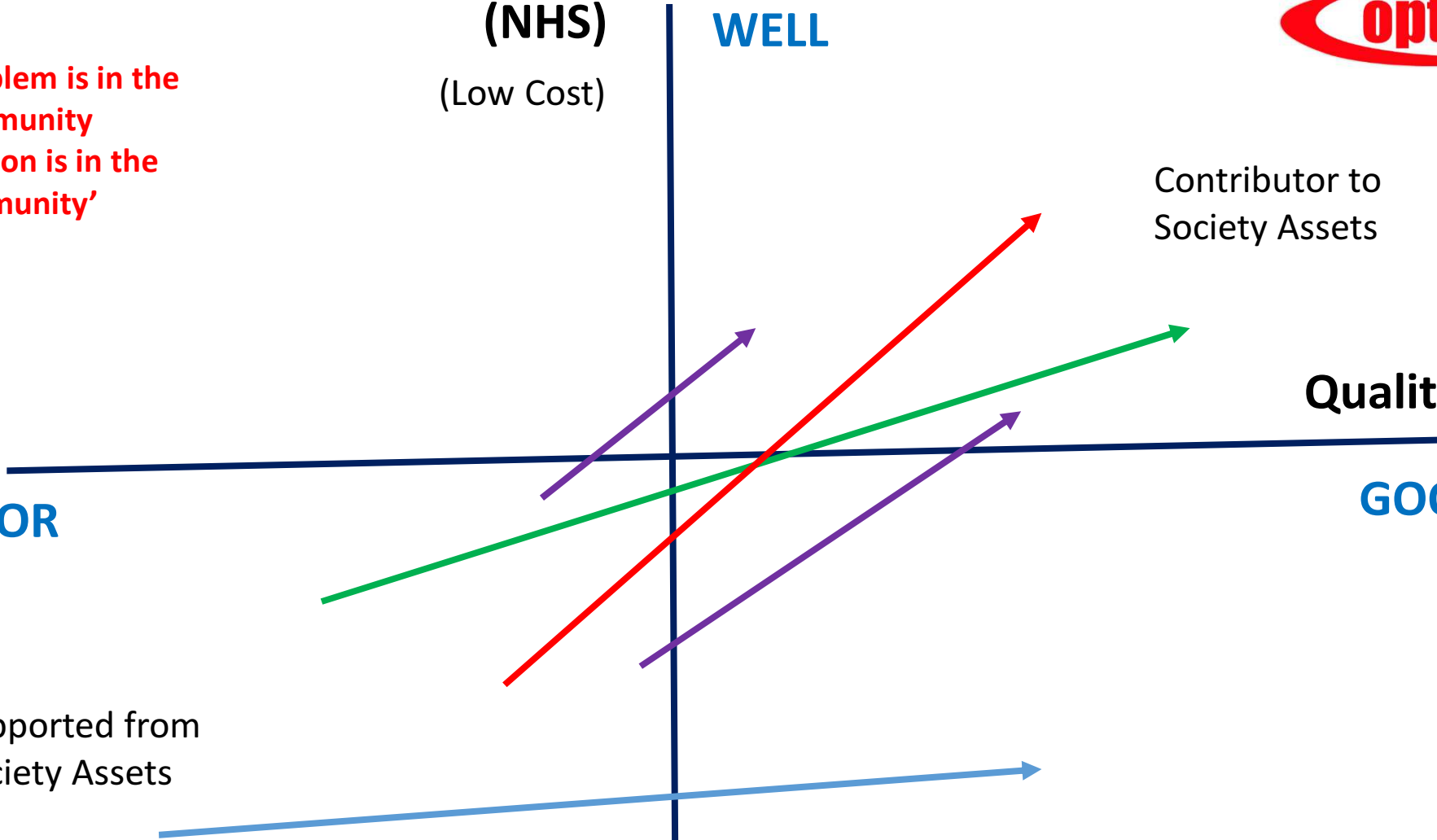
POOR

GOOD

Supported from Society Assets

(High Cost)

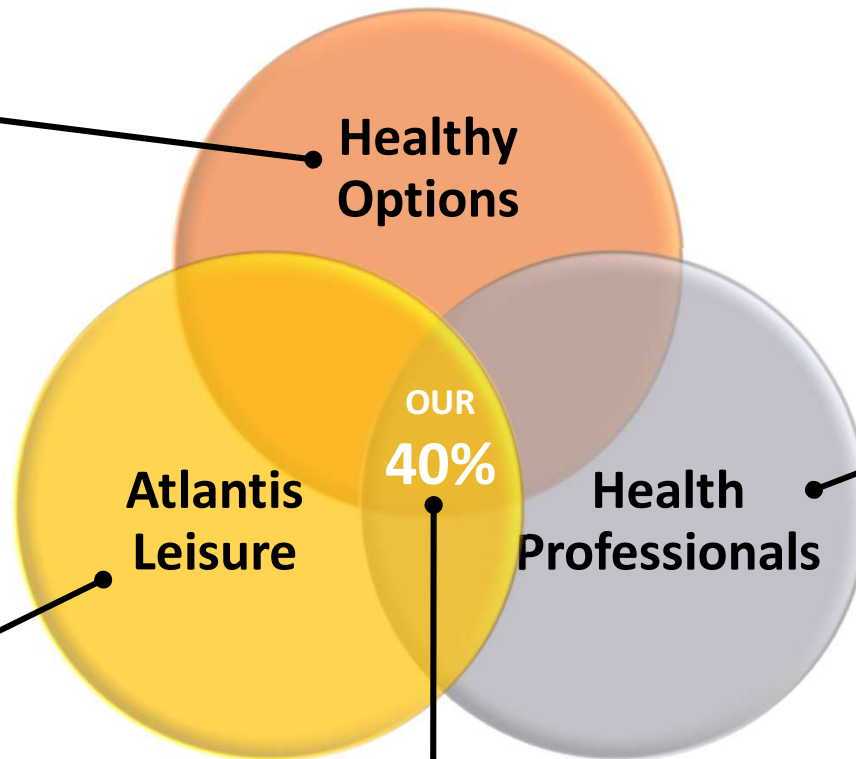
UNWELL



# Healthy Options – the Start



Social entrepreneurs  
Health professionals  
Highly qualified staff  
**Skilled, experienced,  
motivated**



Lorn Medical Centre

Community owned,  
community built,  
community run

**Our clients are an equal partner**

# New Evolving Relationships



**RE-ABLEMENT**

**Mainstream**

- Clients with Chronic conditions

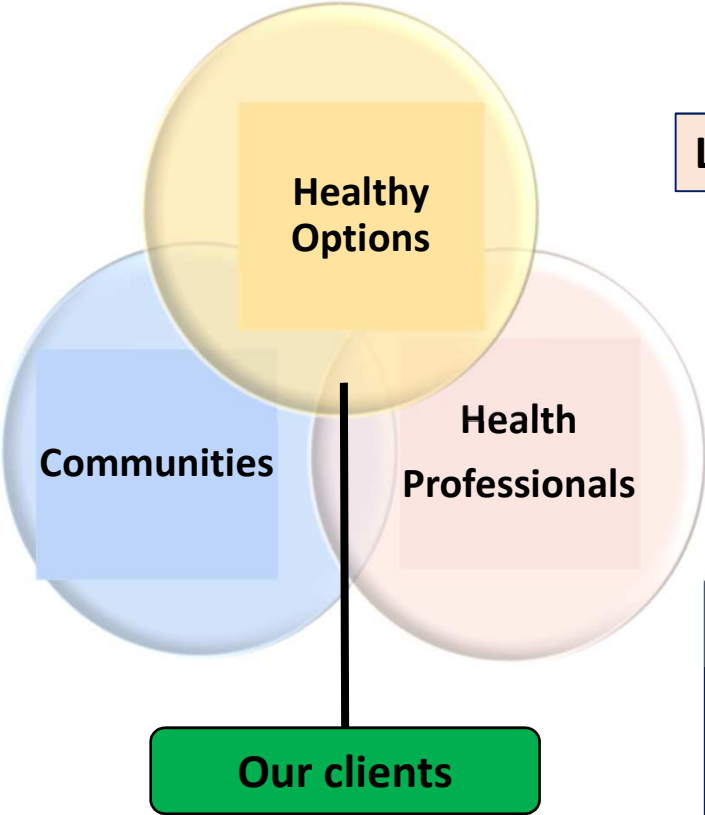
**Other organisations**

- SG
- Coll Healthy Op
- Macmillan Canc

antis Leisure

ACC

**Lorn Medical Centre**



**GP Surgeries**

- \* C / T / D
- \* Appin
- \* Easdale

**HEALTHY VILLAGES**  
Taynuilt (pilot)

- Falls Prevention
- Thi – Chi
- Self Management

*Community Engagement*

**NHS Departments**

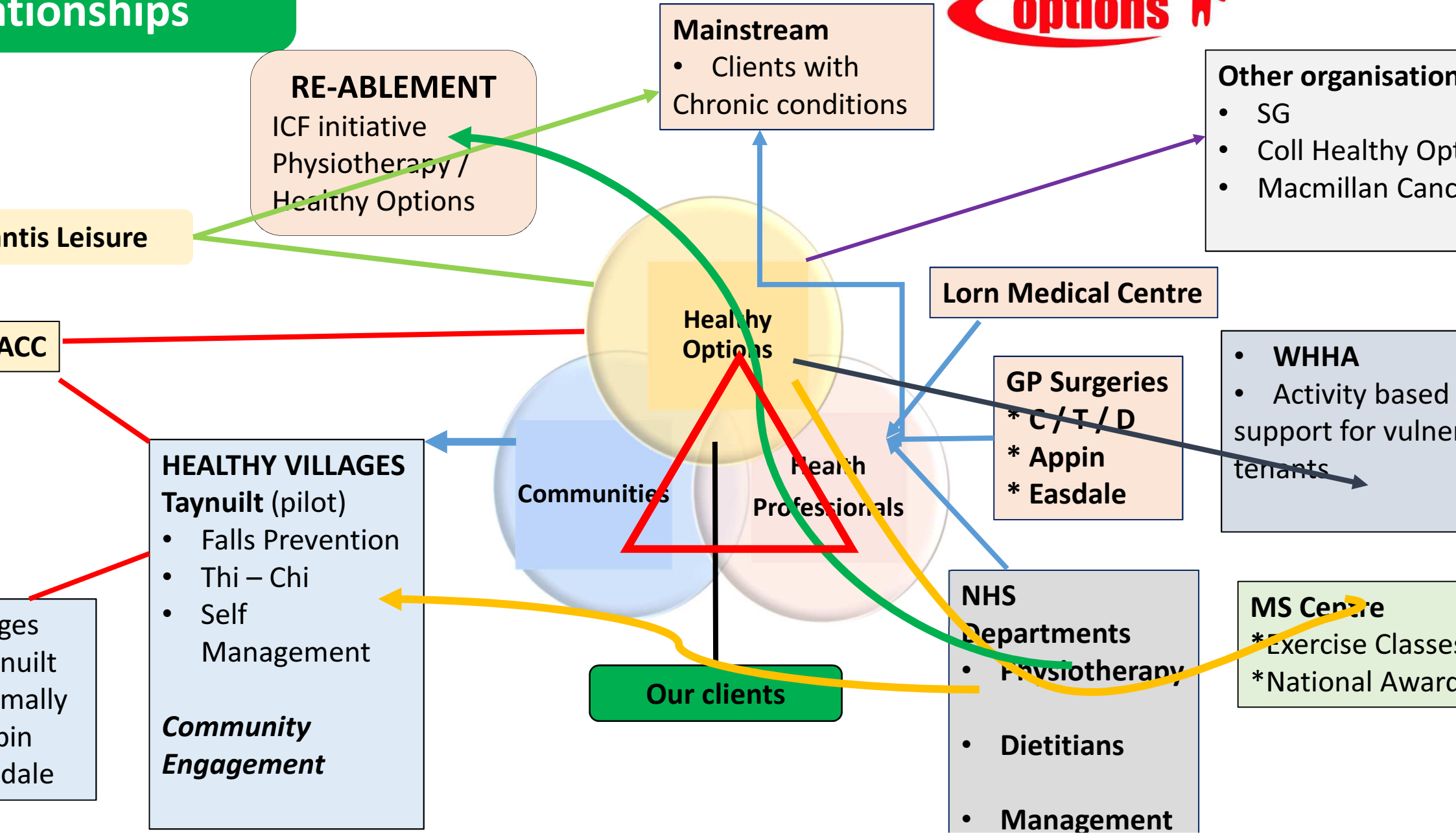
- Physiotherapy
- Dietitians
- Management

**MS Centre**

- \*Exercise Cla
- \*UK Award

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# New Evolving Relationships



Future

WORKING WITH OTHERS GROW AND DEVELOP

**RE-ABLEMENT**  
 ICF initiative  
 Physiotherapy /  
 Healthy Options

**Mainstream**  
 Clients with  
 Chronic conditions

**Other organisations**

- SG
- Coll Healthy Optio
- Macmillan Canc

**HEALTHY VILLAGES**

**AND**

**OBAN AS A HEALTH TOWN**

REQUIRES ALL AREAS INVOLVED IN HEALTH WORKING

IN A CO-ORDINATED WAY WITH PEOPLES HEALTH AS

THE FOCALPOINT

**HEALTHY VILLAGES**  
 (aynill plot)

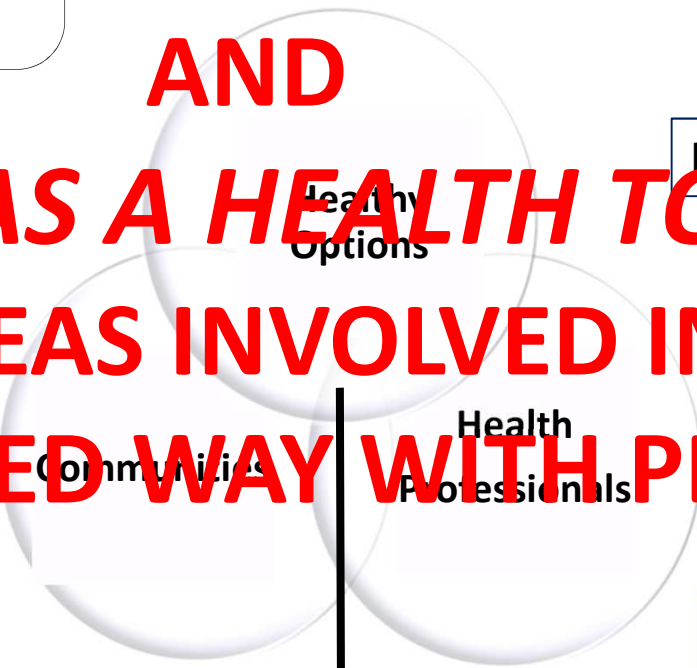
- Falls Prevention
- Thrust Ch
- Self Management

**H&SC**

**Community Engagement**

**3<sup>RD</sup> SECTOR HOUSING**  
**ETC, ETC, ETC**

**Our clients**



**Lorn Medical Centre**

**GP Surgeries**  
 \* Appin  
 \* East Ayr

**WHHA**  
 • Activity based support for vulnerable tenants

**NHS Departments**

- Physiotherapy
- Dietitians
- Management

**MS Centre**  
 \* Exercise Classes  
 \* National Award

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antis Leisure

ACC



### **The Barriers to Healthy Villages and Oban Health Town becoming a reality?**

#### **Finance**

- Healthy Options has applied for small grant to scope the requirements to create Oban Health Town

#### **Willingness and Partnerships**

- Working with partners Healthy Options has started the process towards Healthy Villages

#### **The Rest is down to us – all of us**

**'If the problem is in the community - the solution is in the community'**