

# A&B HSCP || Transforming Together

Argyll & Bute Health & Social Care Partnership

## Health and Wellbeing in Argyll and Bute

Annual Report  
2018/19



argyll and bute

communityplanningpartnership



ARGYLL & BUTE



HEALTH & WELLBEING NETWORKS

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Argyll and Bute Public Health, 2019-20

# Introduction

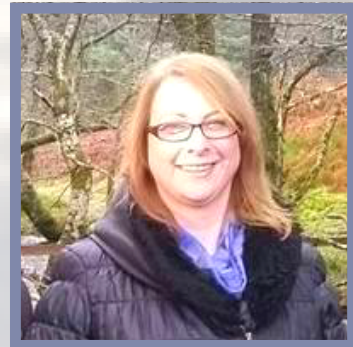
*Welcome to the Health and Wellbeing Annual Report. Here we highlight some of the important work we have supported and delivered to enable people to lead longer, healthier lives in Argyll and Bute throughout 2018-19.*

*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.

**A&B** Transforming  
**HSCP** Together  
Argyll & Bute Health & Social Care Partnership

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

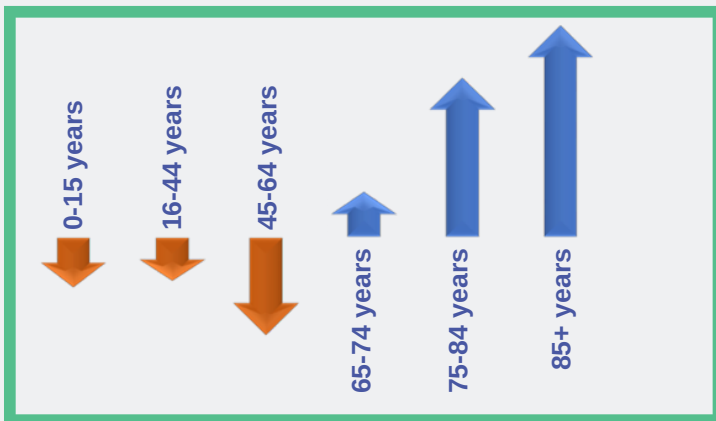


**2019 Population**  
86,863

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



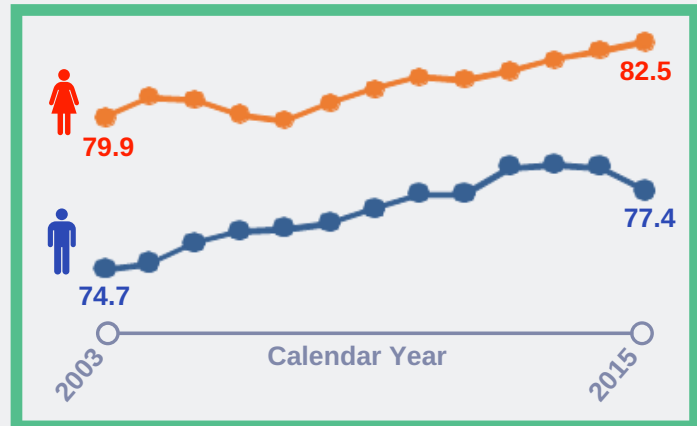
Over the next 10 years, the population is projected to decrease overall by **4%** to 83,120 people. However, the population of those **85+** is projected to increase by **32%** to a total of 3,437 people in 2029, with an increase to 2,715 people by 2021.

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.

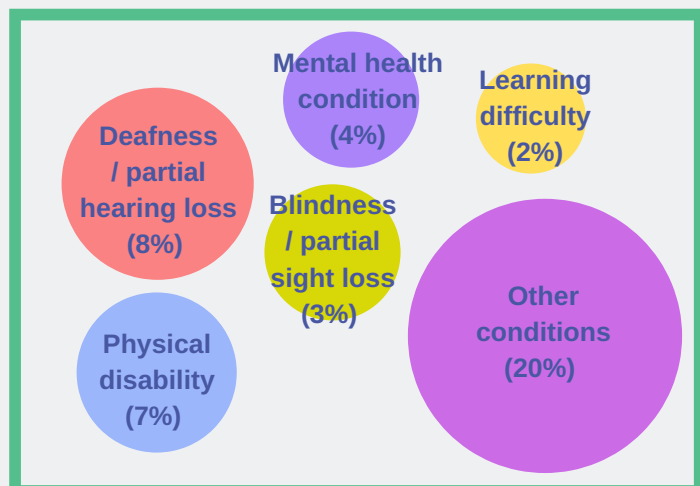
## Life Expectancy



**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*

## 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*

## Sam Campbell

Health Improvement Senior

*samanthacampbell@nhs.net*

## Jenny Dryden

Health Improvement Senior

*j.dryden1@nhs.net*

## Laura Stephenson

Health Improvement Senior

*laurastephenon@nhs.net*

## Lynsey Gates

Health Intelligence Assistant

*lynsey.gates@nhs.net*

## Heather McAdam

Screening Engagement Officer

*h.mcadam@nhs.net*

## JoAnne Loughlin

Administrative Assistant

*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*

## Angela Coll

Health Improvement Senior

*angela.coll@nhs.net*

## Caroline McArthur

Health Improvement Senior

*carolinemcarthur@nhs.net*

## Sarah Griffin

Senior Information Analyst

*sarah.griffin1@nhs.net*

## Jay Wilkinson

Public Involvement Officer

*jay.wilkinson@nhs.net*

## Suzanne Baird

Administrative Assistant

*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)

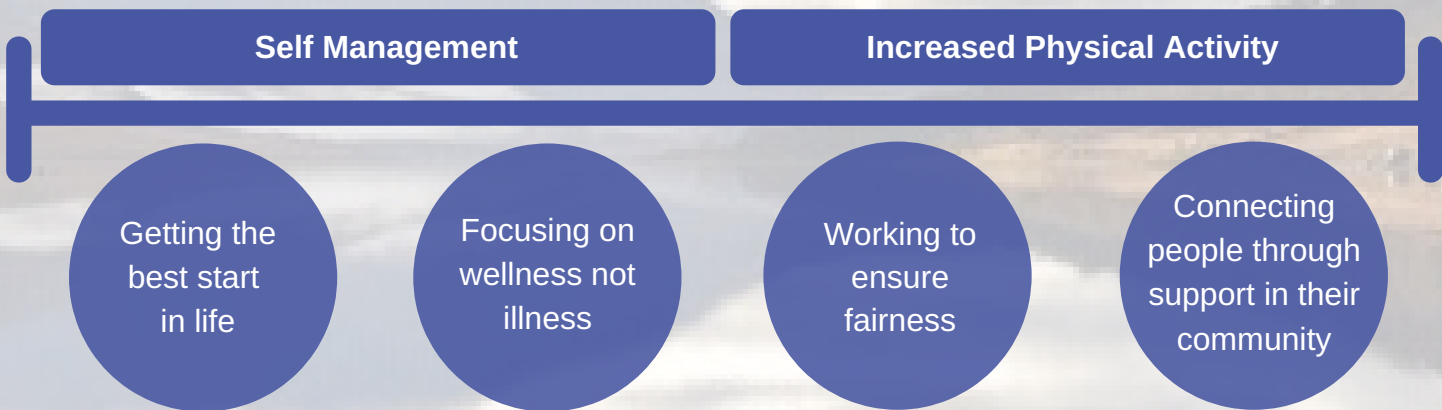


**£110,000**  
 Health and Wellbeing  
 Grant Allocation  
 2018/19  
 Administered by HWNs,  
 managed by  
 Public Health Team

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





## Dee James

hwnbute@ab-rc.org.uk



Bute HWN Co-ordinator

**£10,000**  
Health and Wellbeing  
Grant Allocation  
2018/19

**9**  
**Projects  
Funded**  
Average award  
£1,000

### Funding awarded for...

Healthy eating

Digital safety

Physical activity (including  
children with disabilities and  
mobility difficulties)

Outdoor activity

A Mental Health  
Information Day

Cycling

### 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)



## Sharon Erskine

chwn@homestartmajik.eclipse.co.uk



Cowal HWN Co-ordinator

**£14,900**  
Health and Wellbeing  
Grant Allocation  
2018/19

**11**  
**Projects  
Funded**  
Average award  
£1,354

### 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

### 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)



HELENSBURGH & LOMOND



**Audrey Baird**  
 audreyabhwn@gmail.com



Helensburgh & Lomond  
 HWN Co-ordinator

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

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

*Funding awarded for...*

Sports activity development, Cardross  
 Music & Movement  
 Be Well for Young People  
 BASIC Mindfulness  
 Fun First Fitness  
 Physical activity for autistic individuals  
 Foodbank

**Highlights**

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

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



ISLAY & JURA



**Sandra MacIntyre**  
 alexandra.macintyre@addaction.org.uk



Islay & Jura  
 HWN Co-ordinator

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

**16**  
 Projects  
 Funded  
 Average award  
 £828

*Funding awarded for...*

Eat Well for Less  
 Bowmore Primary School enhanced outdoor activities  
 Chit Chat  
 Community Sports Hub  
 STAR Support Club  
 Football Coaching for 5-15yr olds  
 Mindfulness

**Highlights**

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

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



## Kintyre LINK Club

hwnlinkclub@gmail.com



Kintyre  
HWN Co-ordinator

### Funding awarded for...

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

**£10,500**

Health and Wellbeing  
Grant Allocation  
2018/19

**13**

**Projects  
Funded**

Average award  
£810

## Highlights

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

Health Improvement Contact: Alison McGrory, [alison.mcgrory@nhs.net](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)

Something new from our Networks:

# 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:

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:

*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

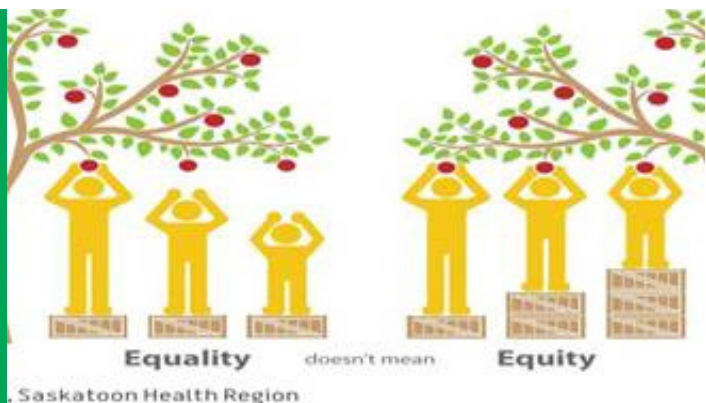


1,070 pupils attended the Smoke Free Drama

# 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

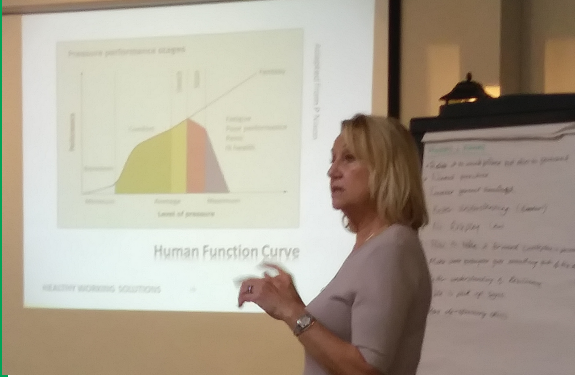
*Eliminate unlawful discrimination, harassment and victimisation and other prohibited conduct.*

*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:**  
*To support HSCP staff health and wellbeing.*



## Highlights

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

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

## 12 Workshops



6 venues



128 staff attended

# Sexual Health

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



## Highlights

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

## 3 Workshops



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








# Building Mentally Healthy Schools

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



## 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)

# Argyll and Bute Public Health 2019/20

Adverse Childhood Experiences (ACEs) Movement

Diabetes Framework

Link Worker Role in Primary Care

Facilitation of Conversation Cafes

Data Analysis

Support of 8 Health and Well Being Networks (HWBNs)

Developing new Smoking Cessation service

Living Well Strategy Launch

Test New Health Behaviour Change Model

Stress and Resilience Training

Needs Assessment

Commissioning of Sexual Health Services

Public Engagement

Implementation Plan for the Tobacco Strategy

Evaluation of HWBNs

Support Implementation of BSL Action Plan

Evaluate Cool2Talk

Commission Self Management from Third Sector

Effective Partnership Working

Increase Uptake of National Screening Programmes

Health Profiling

Administer HWB Grant Allocation Process

Healthy Argyll and Bute Facebook

Supporting LPGs with Health Improvement

Annual Report

Health Awareness Campaigns

Equalities and EQIA Support

Community Capacity Building

Engagement Report

Living Well Implementation Plan and Leadership

Increasing Physical Activity

Health and Wellbeing Development Days

Community Planning

Self Management Toolkit

Monthly Virtual Education Sessions

Mental Health Training

Support Social Prescribing

Sexual Health Training

Sexual Health CPD Events

Maintain Healthy Argyll and Bute Website

Pain Toolkit