



Islands Living Well Network (Mull and Iona, Tiree, Coll and Colonsay)

19/04/2021

The Living Well Network to date

Originally there were 7 Health and Wellbeing Networks in Argyll and Bute and the Islands were included with Oban and Lorn. Back in 2015, the Islands Health and Wellbeing Network was created, separately from Oban and Lorn and I took on the role of Health and Wellbeing Network Coordinator. I work the equivalent of one day a week alongside the 7 other Network Coordinators in Argyll and Bute and the NHS Public Health Team. I cover Mull and Iona, Tiree, Coll and Colonsay. Our Network has been coordinated differently from mainland based networks. We held Health and Wellbeing events on individual islands instead of Health and Wellbeing meetings for the whole network. The Island events brought together local people to showcase what they do, mainland based network Partners to share information about the support they provided on the Islands and members of the Island communities were encouraged to attend and gather information.

In March 2020 the Health and Wellbeing Networks were renamed the Living Well Networks, linking in with the Living Well Strategy for Argyll and Bute. Then along came the first Covid-19 lockdown and we all had no choice but to work remotely. Zoom became a thing and we were able to network and communicate remotely. We used this to our advantage and for a few months held monthly Zoom sessions, each with 3 mainland based Network Partners as guest speakers. These monthly Zoom sessions were useful in getting information from mainland based Network Partners to the Island communities and also helped the mainland based Network Partners to keep in touch with us.

2021 – 2022

An additional year of funding has been found for the Living Well Network Coordinators in Argyll and Bute. The year runs from April 2021 to March 2022. The role includes the following tasks;-

- Updating the Living Well Action Plan.
- Developing and maintaining a list of Network members.
- Organising 4 Network Meetings a year.
- Supporting Network members to develop health improvement projects in partnership with each other.
- Identifying 3 local priorities for activities.
- Disseminating advice for Health Improvement and keeping members up to date with Health Improvement issues.
- Scoping sustainable models for the Network.

Networking

Our previous Health and Wellbeing Events on the Islands are now a thing of the past, Zoom having made it much easier for us all to communicate and share information. However, as the Islands open up, I will be supporting mainland based Living Well Network partners to attend existing events on the islands.

Although I am setting up a facebook page for the Living Well Network, I will continue to share information by e-mail across the islands from our mainland based Living Well Network partners.

Meetings

Our 4, Islands Living Well Network meetings this year will be in May, September, November and February (avoiding the busy Summer months). We will be inviting mainland based Network Partners as guest speakers to share information.

Members

We currently have 73 Island based Living Well Network Members, based across Mull and Iona, Tiree, Coll and Colonsay. These are a range of people who represent organisations, clubs, charities etc., a number of individuals and a small number of NHS staff. There are 67 Mainland based Network Partners, mostly support agencies, networks, charities etc.

Please pass on my contact details to anyone on the Islands who might like to join the Islands Living Well Network (Mull and Iona, Tiree, Coll and Colonsay). Please also pass on to any potential, mainland based Network Partners who might like to share information across the Islands (Mull and Iona, Tiree, Coll and Colonsay). Moving forward we can increase the information sharing and networking opportunities and connect more people from the Islands with relevant support.

Many Thanks

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