

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

**30/07/2021**

**Quarterly Meetings**

The islands Living Well Network quarterly meetings are planned to avoid the busy summer months when many Island residents are very busy.

**May 25<sup>th</sup> 2021**

At our first quarterly meeting on May 25<sup>th</sup> 2021 by Zoom, the Islands Network chose the following 3 priorities to focus on this year;-

Emotional and Mental Wellbeing

Education, prevention and early intervention on alcohol and drugs

Child Poverty

Network Members were also keen to focus on Healthy Weight and Smoking Cessation and it was agreed to do a small amount of work in these areas.

**September 28th 2021, 10am till 12noon.**

An hour of this quarterly meeting will be focussing on the priority Child Poverty with the following guest speakers,

Mandy Sheridan – Children and Families Service Improvement Officer

Fergus Walker – Revenue and Benefits Manager

Ishabel Bremner – Economic Growth Manager

Rachel McNicol – Ali energy

Additional information will be provided from Jayne Jones – Commercial Manager at Argyll and Bute Council.

The two remaining quarterly meetings will be held in **November 2021** and **February 2022**. One will have a focus on Emotional and Mental Wellbeing with input from ACUMEN including Self Care Planning, also examples of projects on the Islands. The other will have a focus on Education, prevention and intervention on alcohol and drugs, with guest speakers invited from the Alcohol and Drug Partnership to share information about the work they are involved in, including the Icelandic Implementation Model. Also We Are With You and locally based people who are supporting High School pupils who have issues or may be at risk.

**1 hour Zoom information sessions**

In addition to the quarterly Network meetings, we will be holding 3, 1 hour zoom sessions for information sharing with the Island Network Members.

**5<sup>th</sup> October 2021, 10am till 11am.**

This will be a shared session between the Smoking Cessation team and Jackie Barron (Dietician) and will support the additional 2 priorities of Smoking Cessation and Healthy Weight.

**18<sup>th</sup> January 2022, 11am till 12 noon.**

Cancer Awareness presentation by Christine Campbell – Senior Cancer Awareness Nurse Scotland and Darragh Casey. The presentation lasts 40 minutes with time for questions. The presentation includes a focus on smoking and healthy weight and Christine has agreed to pay particular attention to these as the networks 2 additional priorities.

**March 2022, date and time to be arranged**

Louise Hall from Pain Association Scotland will be speaking about the work they do including monthly virtual sessions that are available to Island residents.

Plus two more Network Partners to be confirmed to share information about how they can support our network priorities.

### **Information to Network Members**

Information will continue to be forwarded from mainland based Network Partners to Island based Network Members in individual e-mails. This is the preference of Network Members.

In addition to this, five documents will be compiled, one for each priority, detailing support available and listing links to relevant support organisations, agencies, charities etc. These will be circulated around Island based Network Members.

Emotional and Mental Wellbeing

Education, prevention and early intervention on alcohol and drugs

Child Poverty

Healthy Weight

Smoking Cessation

Current Island Based Network Members = 83

Current Mainland Based Network Partners = 83

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 hope to increase the information sharing and networking opportunities and connect more people from the Islands with relevant support.

Many Thanks

Carol Flett

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