

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

27/10/2021

September 28th - Quarterly Meeting

An hour of this quarterly meeting focussed 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

Ruth Flemming – Mull Pantry

Information from the speakers and also from Jayne Jones – Commercial Manager at Argyll and Bute Council was compiled into a 12 page 'Child Poverty' document highlighting support available. The document has been circulated to Island Network Members, to the NHS Public Health Team and to the other 7 Living Well Network Coordinators. If anyone would like a copy of the document, I can e-mail it out.

5th October 2021 – Zoom information session

This was a shared session supporting the additional 2 priorities of Smoking Cessation and Healthy Weight. Since the meeting a one page document has been circulated around the Network. Very short and to the point – if you want support to stop smoking phone this number and if you want support to manage your weight phone that number.

Future Meetings

November 30th, 10am till 12noon

Quarterly meeting with a focus on Mental and Emotional Wellbeing. Guest speakers include ACUMEN and Schools Counselling Service with more to be confirmed.

18th January 2022, 11am till 12 noon – Zoom information session

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.

16th February 2022, 10 am till 12noon. Quarterly meeting with 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 locally based people who are supporting High School pupils who have issues or may be at risk.

March 1st 2022, 10am till 11am – Zoom information session

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.

Current Island Based Network Members = 80

Current Mainland Based Network Partners = 87

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

tcmhwn@gmail.com

07753218327