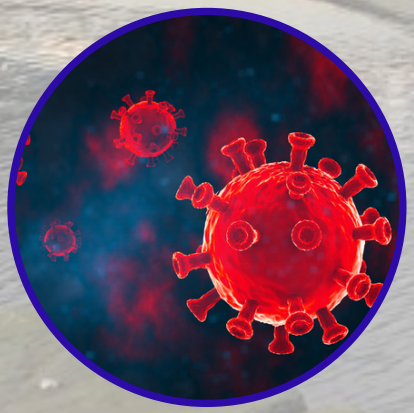
A&B HSCP | Transforming Together

Argyll & Bute Health & Social Care Partnership



Health and Wellbeing in Argyll and Bute

Annual Report 2020/21

Living well IN ARGYLL & BUTE

argyll and bute community planning partnership

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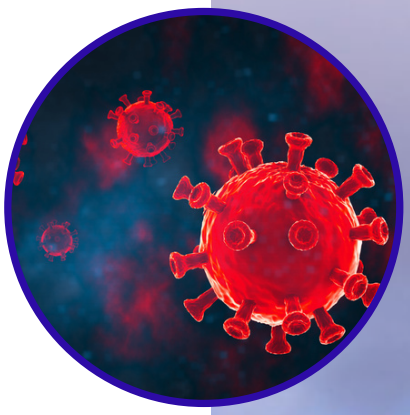
Front cover image: Tarbert, Loch Fyne, with magnified COVID-19 coronavirus inset.

INTRODUCTION



The year of 2020/21 will be a year to remember for many reasons, as COVID-19 disrupted systems and services on many levels. Our condolences go out to all those who lost loved ones at some point through COVID-19, or other cause.

It has been a year full of challenges, and often of uncertainty, but also one which has seen communities coming together to be there for each other to overcome challenges and making a positive contribution where they can.

Whilst COVID-19 has been the focus of the Public Health team throughout 2020-21, other key pieces of Public Health work continued alongside COVID-19, as highlighted in this report.

As we move forward, great progress has been made through the roll out of the vaccination programme in recent months, enabling us to take positive strides towards the reality of learning to live with COVID-19.

In doing so, the health and wellbeing of our communities remains at the forefront of Argyll and Bute's recovery. The continuation of our work on addressing inequalities and implementing effective social mitigation measures remain key to our ability to return to 'normal', as well as leveraging some opportunities to adopt new improved ways of working, to build upon progress made to date.

Feel free to get in touch with any of the many contacts listed throughout the report, should you have any queries or feedback.

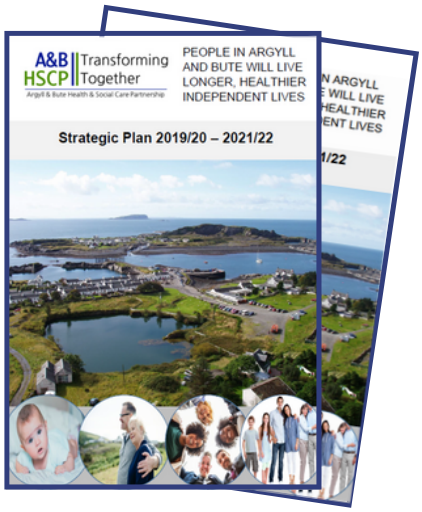
With warm regards,

Dr Nicola Schinaia

Associate Director of Public Health
Argyll and Bute HSCP, NHS Highland

ARGYLL AND BUTE - THE CONTEXT

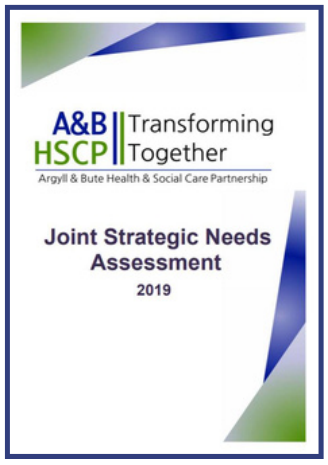
To get a deeper insight into the pre-existing challenges faced by Argyll & Bute (even before COVID-19), and the characteristics of Argyll and Bute's population and economy which impact on the provision of health and social care services, see the two documents below:



'Strategic Plan 2019/20 - 2021/22'

http://bit.ly/ABHSCPStrategicPlan2019-22

Appendices:
http://bit.ly/StrategicPlanAppendices



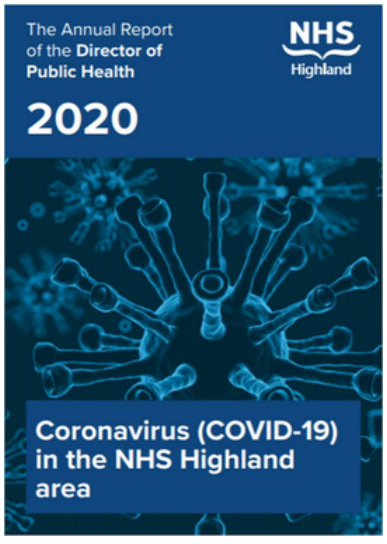
'Argyll & Bute's Joint Strategic Needs Assessment (JSNA), Adults 2019'

Published March 2020:
http://bit.ly/ABHSCP-JSNA-2019

For a COVID-19 focus, see

'The Annual Report of the Director of Public Health 2020: Coronavirus (COVID-19) in the NHS Highland area'

Published Feb 2021:
https://bit.ly/DPHAnnReport-COVID



ARGYLL AND BUTE - THE CHALLENGES

- **Remote and rural populations, including 23 inhabited islands.** 69% of Argyll and Bute's population live in 'very remote areas'; 4th sparsest population of the 32 Scottish Local Authorities.

- **Fuel poverty rates are high.** 44% of households are fuel poor; 15% in extreme fuel poverty.

- **Inequalities in health and wellbeing between those in most deprived areas, compared to least deprived areas.** 24% of Argyll and Bute's population live within the 20% most vulnerable areas to coronavirus in Scotland.

- **1 in 4 of Argyll and Bute's population are of pensionable age**, i.e. joint highest of all Scottish Local Authorities, with high levels of population decline and working age population decline.

- **1 in 6 adults report providing unpaid care.**

- **1 in 3 jobs placed at risk by coronavirus (furloughed) during 2020.** Argyll and Bute ranked 1st out of Scotland's 32 Local Authorities for jobs at risk.

- **High levels of part-time, seasonal employment** e.g. 16% self-employed (almost twice the national rate); 13% employed in accommodation and food service industry; employment rate 76%, but 40% of all jobs are part-time (even pre-pandemic), reflecting high numbers on low-income and/or low hours.

- **Digital exclusion** (difficulties and inequalities in accessing broadband and/or mobile coverage and/or hardware).

- **High prevalence of long term conditions (LTCs).** 1 in 3 adults in Argyll and Bute have a limiting LTC.

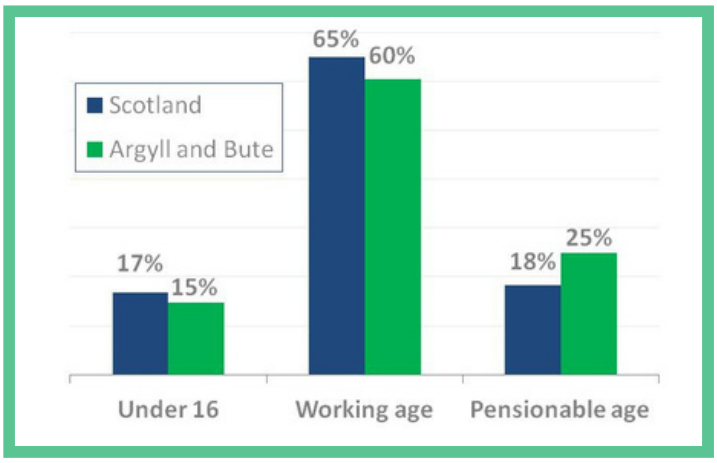
- **1 in 5 of those aged 18+ live alone.**

- **High prevalence of unhealthy behaviours.** >20% drink hazardous/harmful levels of alcohol, STDs increasing, 1 in 3 not physically active enough, 20% smoking, etc.

- **Increasing demands on health and social care as population ages.** 83% of adult social care clients are >65yrs old. An 11% increase of 75-84yr olds & 7% increase in those aged 85yrs and over is predicted in Argyll and Bute between 2019-2022.

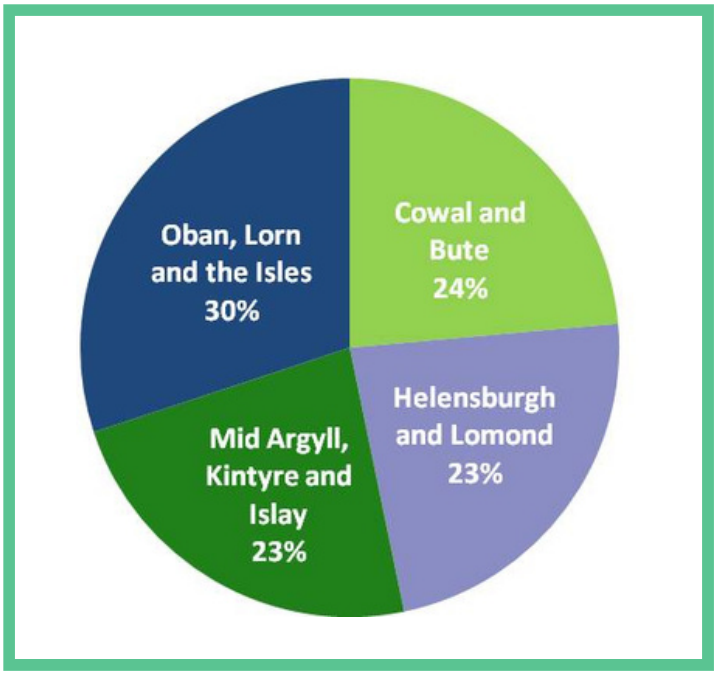
ARGYLL AND BUTE DEMOGRAPHICS

2019 Population: 85,870



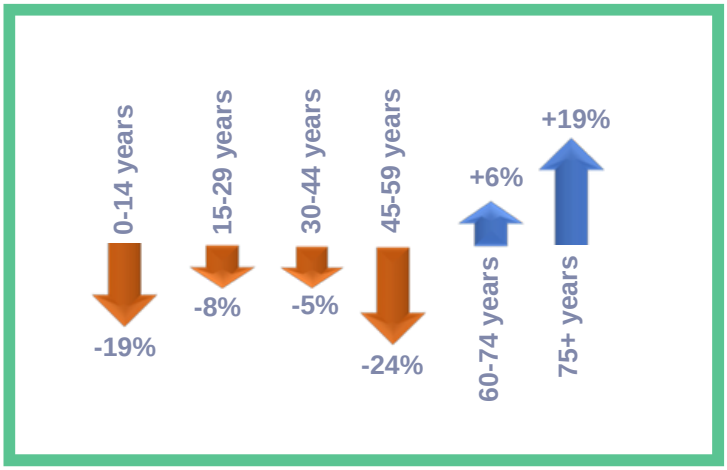
Source: 2019 mid-year population estimates, National Records of Scotland (NRS). Working age at 30 June 2020 defined as people aged 16 to approximately 65 years and 328 days. Pensionable age at 30 June 2020 was approximately 65 years and 329 days.

Population across Argyll and Bute:



Source: Based upon 2019 mid-year population estimates, National Records of Scotland (NRS).

Population Projections, 2021-2031



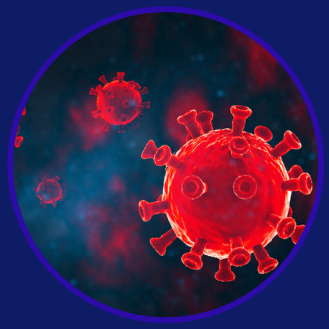
Over the next 10 years, the population is projected to decrease by 6% overall, with increases projected in the older age groups.

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), 2018-based population projections.

ARGYLL AND BUTE PUBLIC HEALTH WORKPLAN 2020/21



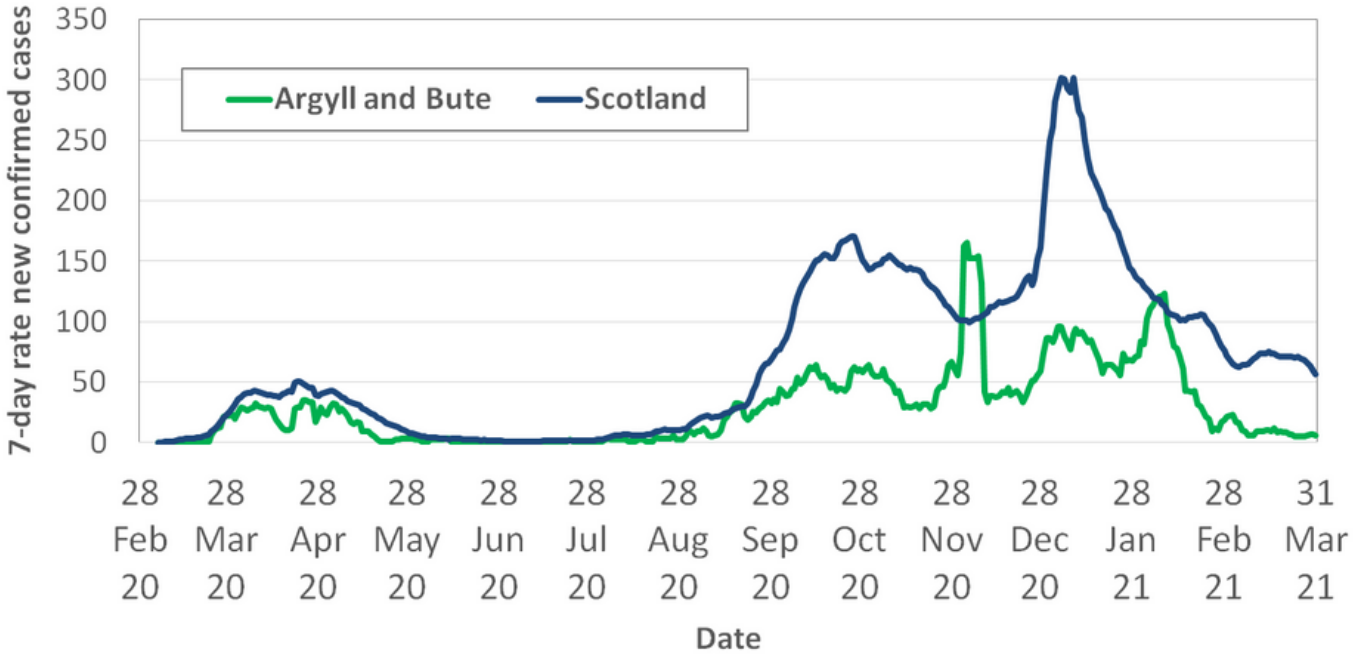
Adverse Childhood Experiences (ACEs) Movement	Development of Link Working Model	Type 2 Diabetes Framework	Health Profiling	COVID-19 Response & Recovery	Equalities and EQIA Support
Child Poverty	Increasing Uptake of National Screening Programmes	COVID-19 Inequalities	Support of 8 Living Well Networks (LWNs)	Living Well Strategy Implementation	Health Protection
Suicide Prevention	Tobacco Strategy / 'Smoke Free' Service	Workforce Development (Health Behaviour Change)	Community Engagement (Conversation Cafes, etc.)	Commission Self Management from Third Sector	Alcohol & Drug Partnership Oversight & Support
Community Planning	Violence Against Women	Community Capacity Building	Equality Outcome Framework Measures	Emotional Wellbeing	Increasing Physical Activity
Monthly Virtual Education Sessions	Annual Report	Caring for People (CfP) Helpline Development & Evaluation	Living Well Grant Allocation & Monitoring	Support British Sign Language (BSL) Action Plan	Sexual Health
Data Analysis	Income Maximisation	Effective Partnership Working	Alcohol & Drug Partnership (ADP) Data & Reporting	Healthy Argyll & Bute Website & Facebook	Supporting LPGs with Health Improvement
Alcohol & Drug Partnership Capacity Building	Health and Wellbeing Development Days	Mental Health Training	Health Awareness Campaigns	COVID-19 Test & Protect Support	, etc.

Note: Topics presented in no particular order.

COVID-19: ARGYLL AND BUTE

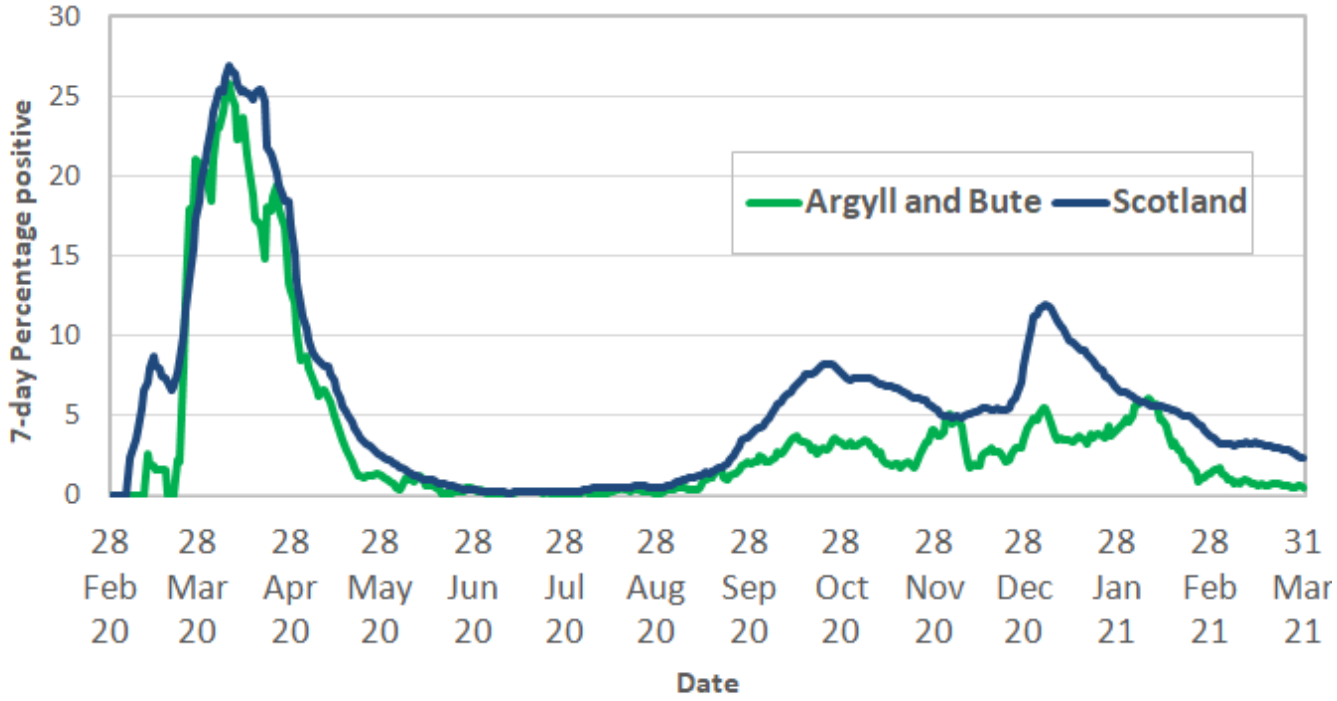
An overview of COVID-19 coronavirus data specific to Argyll and Bute is given over the next four pages. Whilst all data charts are taken from publicly available sources, a huge amount of work has been carried out by the Health Protection Team and the Public Health Intelligence team to follow up cases and to produce local updates.

NEW CONFIRMED CASES OF COVID-19 PER 100,000 POPULATION



Source: Public Health Scotland (PHS), Daily COVID-19 Cases in Scotland - Datasets - Scottish Health and Social Care Open Data (nhs.scot), downloaded 1st June 2021.

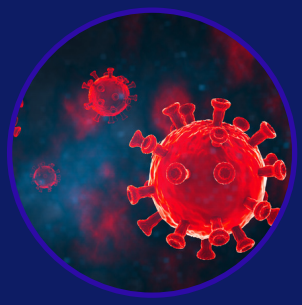
LEVELS OF TEST POSITIVITY



Source: Public Health Scotland (PHS), Daily COVID-19 Cases in Scotland - Datasets - Scottish Health and Social Care Open Data (nhs.scot), downloaded 1st June 2021.

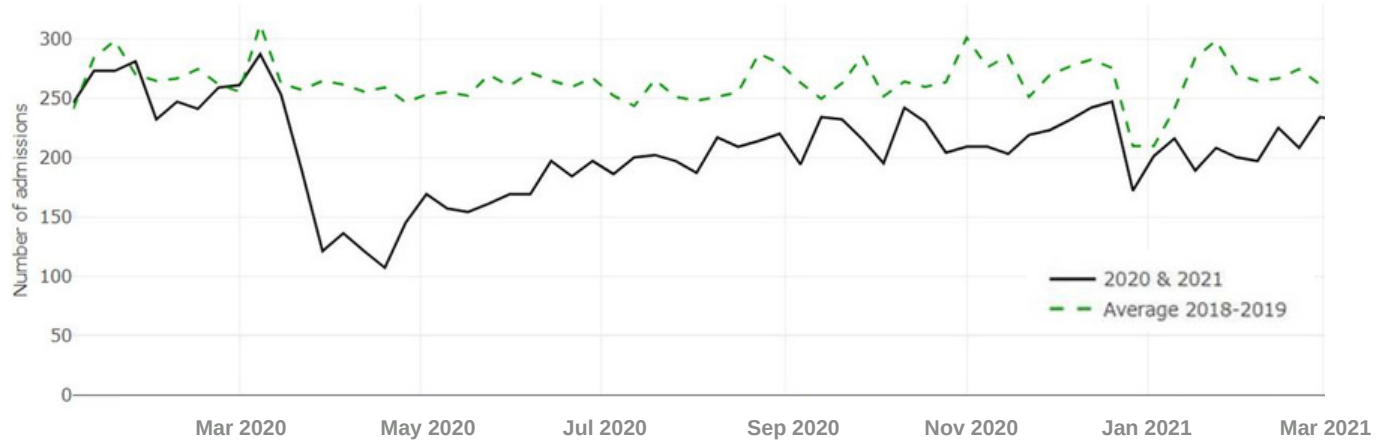
HOSPITAL DATA: ALL CAUSES

Data specific to Argyll and Bute residents.



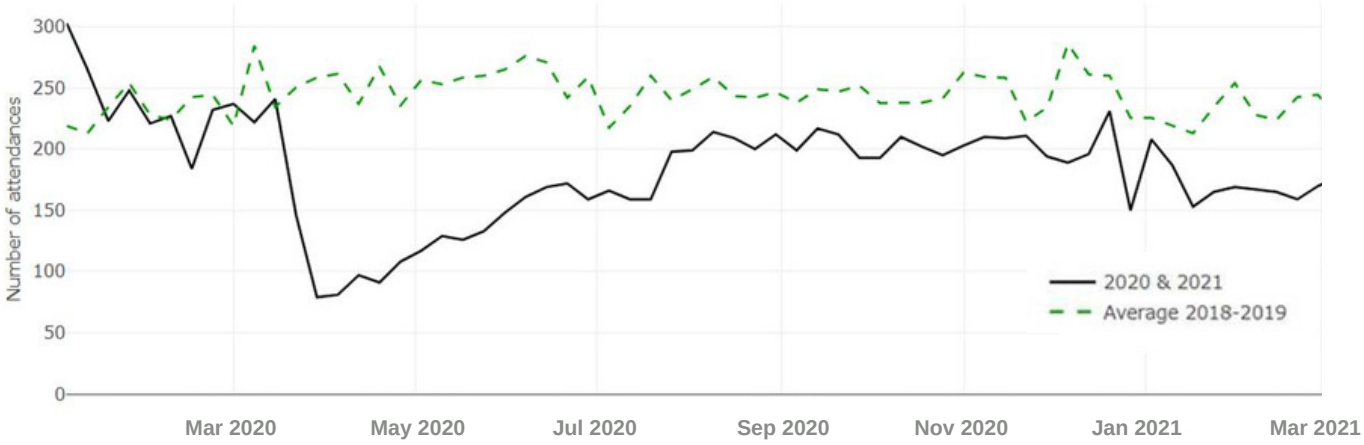
WEEKLY ADMISSIONS TO HOSPITAL

2020 and 2021 compared with the 2018-19 average



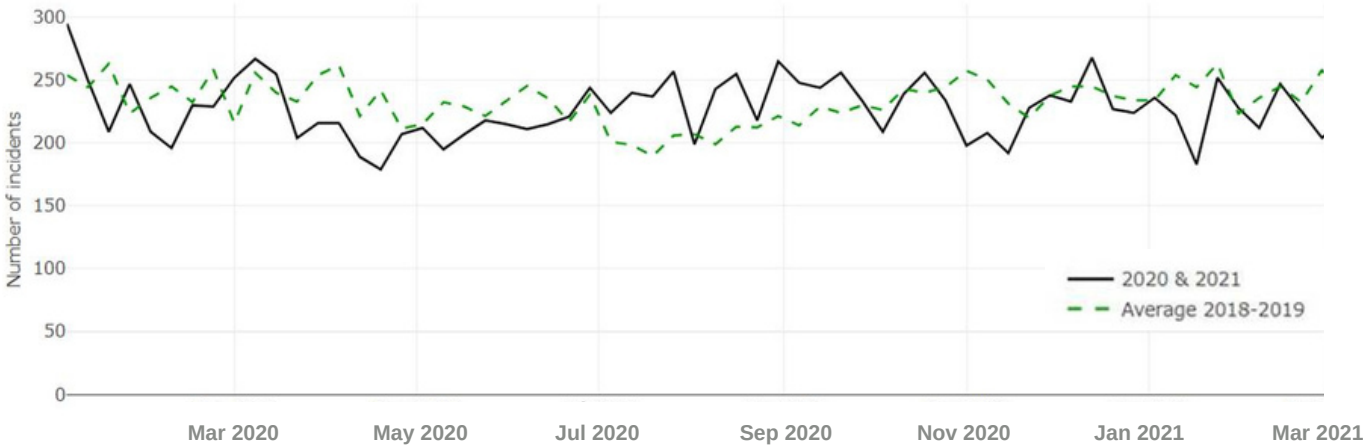
WEEKLY ATTENDANCES TO A&E DEPARTMENTS

2020 and 2021 compared with the 2018-19 average



WEEKLY ATTENDED INCIDENCES BY SCOTTISH AMBULANCE SERVICE

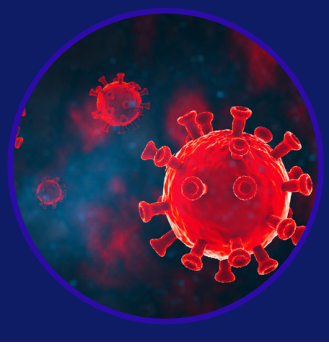
2020 and 2021 compared with the 2018-19 average



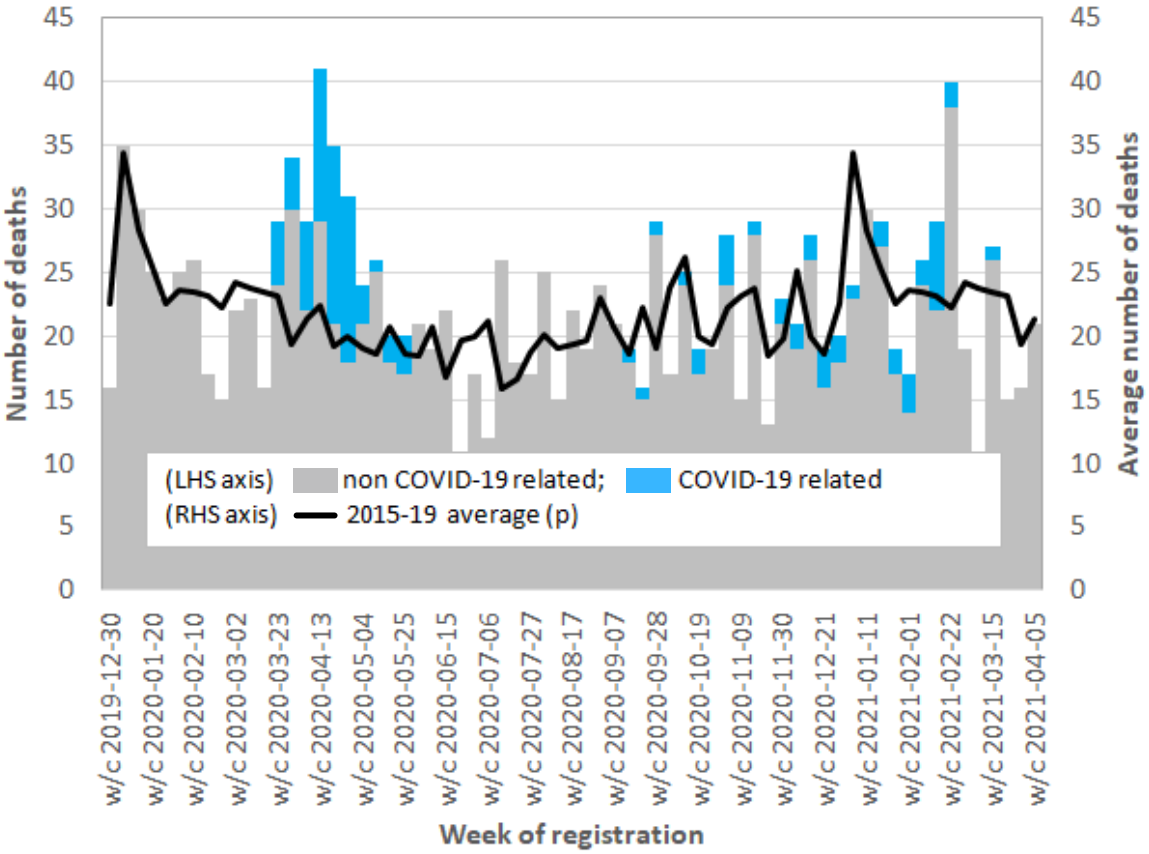
Source: Public Health Scotland (PHS) RAPID Datamart, AE2 Datamart and Unscheduled Care Datamart.

DEATHS: NON-COVID-19 AND COVID-19 RELATED

Data specific to Argyll and Bute residents



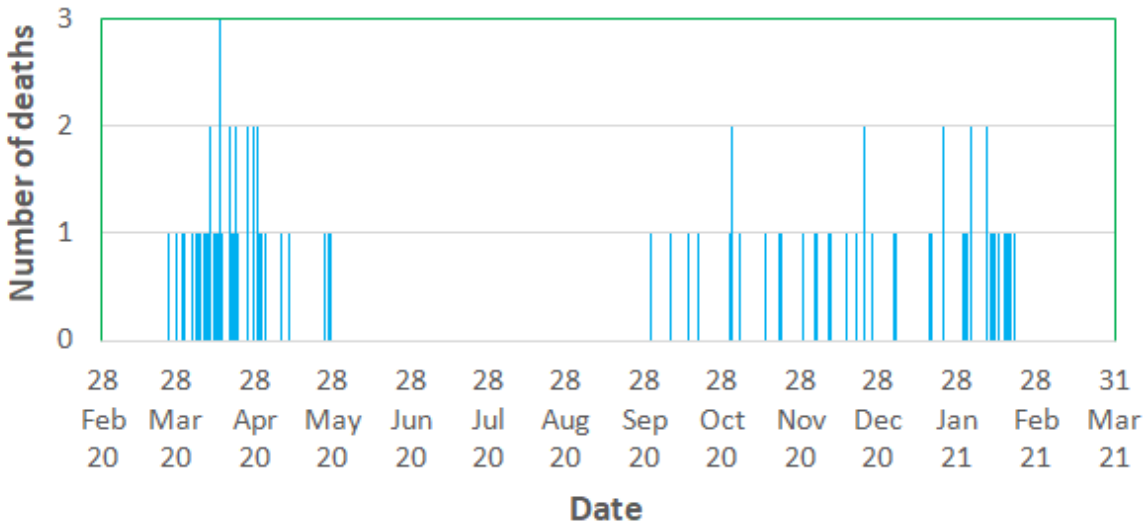
WEEKLY REGISTRATION OF DEATHS (ALL DEATHS)



There was a small excess of deaths mostly due to Covid-19 in the first half of February 2021, and a huge spike entirely due to non-Covid cases at the end of February 2021.

Note: (p) Numbers for 2019 are provisional and subject to future revisions.
Source: National Records of Scotland (NRS) via statistics.gov.scot.

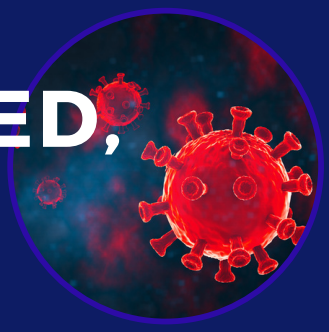
DEATHS WITHIN 28 DAYS OF POSTIVE COVID-19 TEST

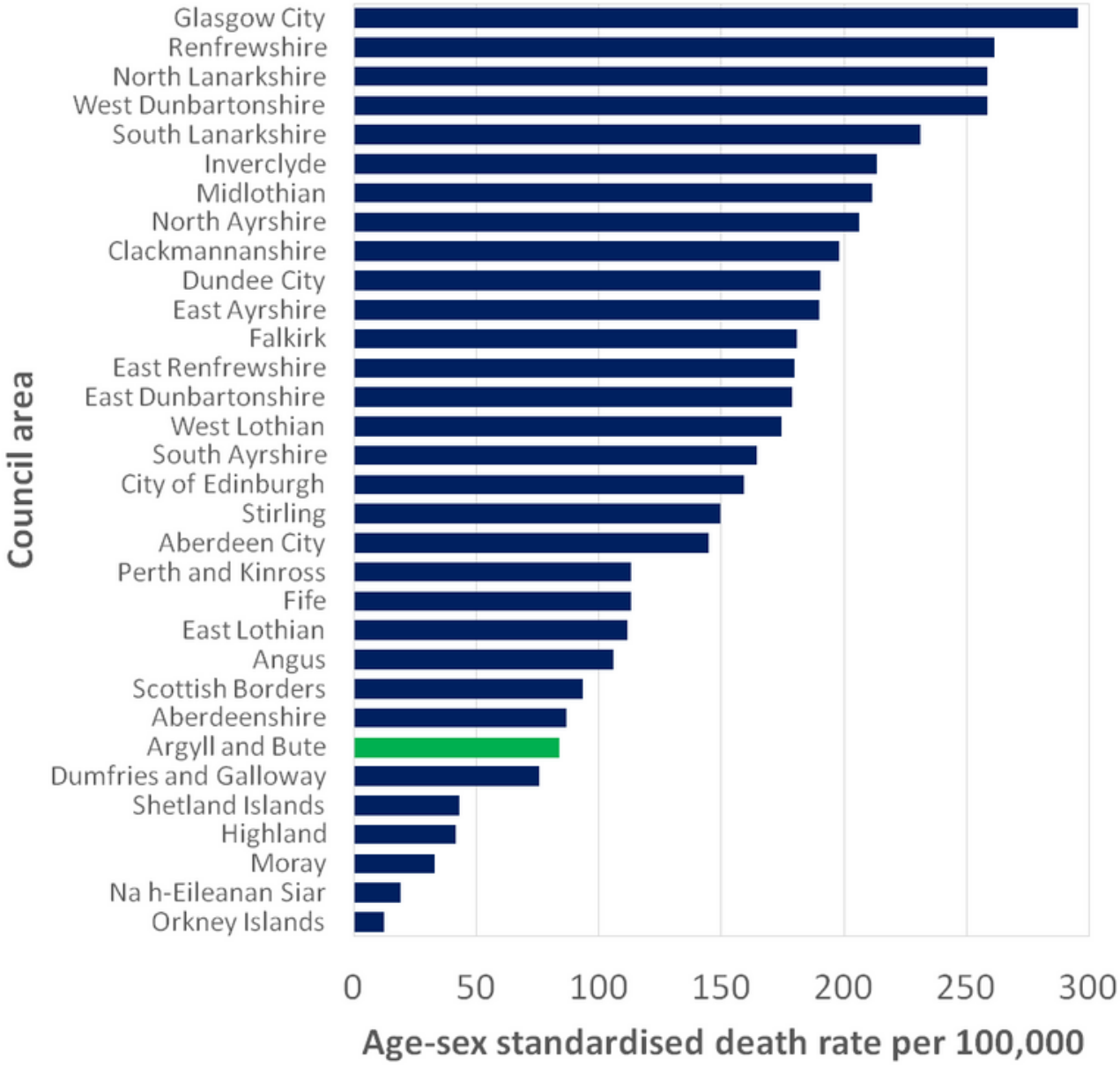


Source: Public Health Scotland (PHS), Daily COVID-19 Cases in Scotland - Datasets - Scottish Health and Social Care Open Data (nhs.scot), downloaded 1st June 2021.

DEATHS: COVID-19 RELATED, BY COUNCIL AREA

Age-sex standardised death rate per 100,000 (1st March 2020 - 30th April 2021)





Source: National Records of Scotland (NRS), 'Deaths involving coronavirus (COVID-19) in Scotland, Report (nrscotland.gov.uk).

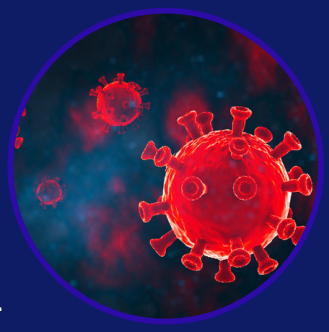
THE WIDER IMPACTS OF COVID-19

If you would like to explore further detail around the wider impacts of COVID-19, more data can be found at:

- https://scotland.shinyapps.io/phs-covid-wider-impact
- https://data.gov.scot/coronavirus-covid-19

COVID-19: SYMPTOMATIC TESTING PROGRAMME

Aim: To support the roll out of Polymerase Chain Reaction (PCR) testing programme for those experiencing COVID-19 symptoms across Argyll and Bute.



HIGHLIGHTS

Routes for symptomatic testing established*:

- **COVID-19 Assessment Centres (CACs)** for testing NHS and local authority staff, key workers and members of their households.
- **Mobile Testing Units (MTUs)**, in community locations for which people book a slot online or by phone, with ability to flex location according to need in Highland and Argyll and Bute. Initially run by the Army, and then Scottish Ambulance Service from end of April 2020.
- **Fire Station Testing.** Small Scale Testing Sites set up to provide home delivery PCR tests across Argyll and Bute (sites listed below). Tests could be taken at the centre, or taken away and returned to the site, for collection by a courier.

Arrochar	Cove (Loch Long)	Gigha	Rothesay
Campbeltown	Dunoon	Lochgilphead	Tarbert (Loch Fyne)

- **Home testing kits** available on demand.

*Symptomatic testing routes in 2020/21. Further expanded in 2021/22.

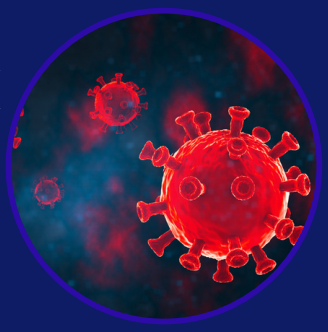
OUTCOMES

Comprehensive provision of PCR testing established with:

- Home delivery to all mainland postcodes.
- 9 bespoke pathways developed for the islands of Argyll and Bute, with CACs remaining important in island communities for access to symptomatic and asymptomatic testing.
- 7 day a week access to Mobile Testing Units in Oban and Helensburgh. Helensburgh site reducing number of Argyll and Bute residents having to travel to Glasgow Airport site for testing.
- Partnership working with Scottish Fire and Rescue for Small Scale Testing Sites has enabled more frequent access to PCR testing across remote and rural areas than that possible with MTUs alone, and reduced travel times for many.

COVID-19: ASYMPTOMATIC TESTING PROGRAMME

Aim: To support the roll out of Lateral Flow Device (LFD) testing programme for those with no COVID-19 symptoms across Argyll and Bute.



HIGHLIGHTS

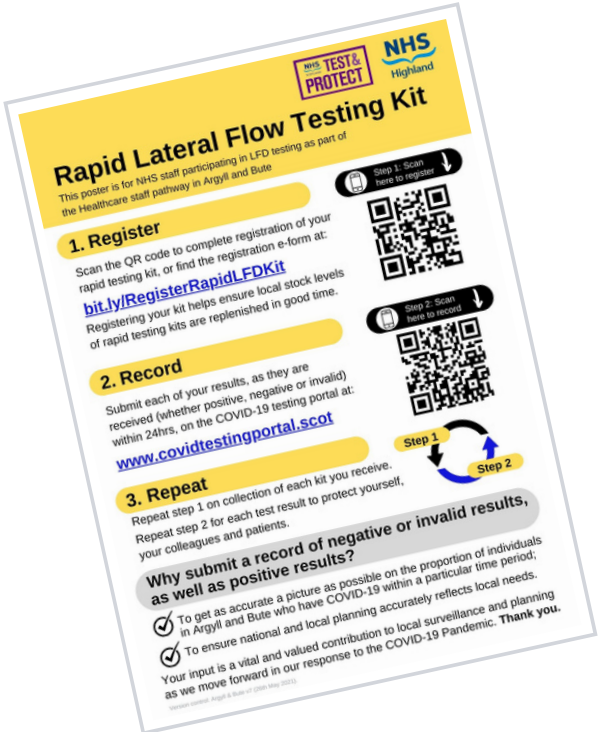
Supported delivery of over 2500 LFD tests to Health and Social Care staff in Argyll and Bute.

Led and supported the delivery of community asymptomatic testing throughout NHS Highland.

Walk-in static and ‘pop-up’ sites set up allowing the public greater access to testing.

NHS Highland recognised as a high performing board in testing performance.

A Lateral Flow Device (LFD) Test:



Rapid Lateral Flow Testing Kit

This poster is for NHS staff participating in LFD testing as part of the Healthcare staff pathway in Argyll and Bute

1. Register

Scan the QR code to complete registration of your rapid testing kit, or find the registration e-form at: bit.ly/RegisterRapidLFDKit

Registering your kit helps ensure local stock levels of rapid testing kits are replenished in good time.

Step 1: Scan here to register

2. Record

Submit each of your results, as they are received (whether positive, negative or invalid) within 24hrs, on the COVID-19 testing portal at: www.covidtestingportal.scot

Step 2: Scan here to record

3. Repeat

Repeat step 1 on collection of each kit you receive.

Repeat step 2 for each test result to protect yourself, your colleagues and patients.

Step 1

Step 2

Why submit a record of negative or invalid results, as well as positive results?

To get as accurate a picture as possible on the proportion of individuals in Argyll and Bute who have COVID-19 within a particular time period;

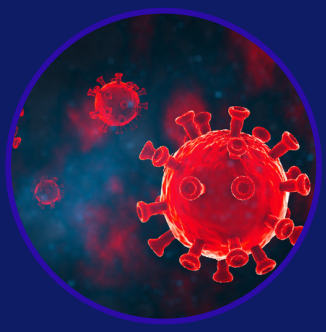
To ensure national and local planning accurately reflects local needs.

Your input is a vital and valued contribution to local surveillance and planning as we move forward in our response to the COVID-19 Pandemic. **Thank you.**

Supported development and implementation of various pathways to LFD testing programmes, in partnership with Local Authority colleagues, including: Education, Social Care, Asymptomatic Community Testing and independent contractors.

COVID-19: VACCINATION

Aim: To support the effective roll out and awareness of the national vaccination programme in Argyll and Bute.



HIGHLIGHTS

GP led model for most of the priority groups with exception of staff priority groups who were vaccinated by HSCP locality based teams.

Vaccination clinics held at Faslane by HSCP team with support from Ministry of Defence (MoD) staff.

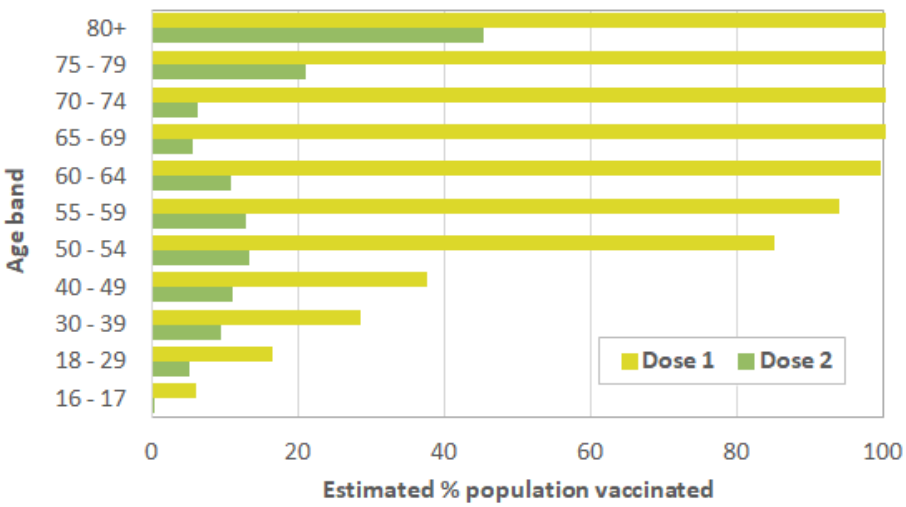
Public Health in Argyll and Bute involved in contingency planning for mass vaccination centres across Argyll and Bute.

The vaccination programme has been a huge task for all involved mainly due to the ever changing parameters in JCVI/MHRA guidance, vaccine supply etc. Storage issues relating to the Pfizer vaccine were particularly challenging in rural Argyll and Bute.

Image: Vaccination clinic at Cowal Community Hospital

VACCINATIONS

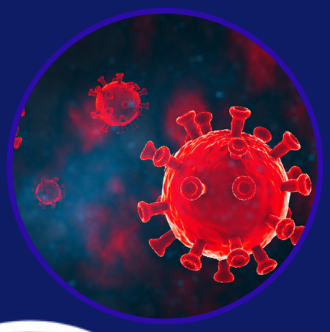
in Argyll and Bute, data as at 31st March 2021



A new volunteer service was developed in partnership with TSI, Red Cross, Argyll and Bute Council and Public Health team to support mass vaccinations in external premises.

Source: Public Health Scotland (PHS), COVID-19 Vaccination in Scotland - Datasets - Scottish Health and Social Care Open Data (nhs.scot), downloaded 1st June 2021.

COVID-19: CARING FOR PEOPLE (CfP)



Aim: To support the response to the COVID-19 coronavirus pandemic across Argyll and Bute.

HIGHLIGHTS

The Public Health team were involved in the response to the COVID-19 pandemic, working in partnership with Argyll and Bute Council, NHS Highland, Argyll and Bute HSCP, Scottish Fire and Rescue Service, Argyll and Bute Third Sector Interface (TSI) and a wide range of volunteers.

The TSI managed the process of recruiting volunteers and volunteer coordinators.

Local communities, groups and Third Sector organisations responded very quickly to the crisis.

A COVID-19 web page set up on Argyll and Bute Council website which enabled people to find help/support and relevant information.

Volunteering guidance and accessible assets created and distributed to ensure no-one excluded.

Caring for People teams were identified and trained.

A dedicated helpline set up using the council call centre and “Golden Number”, to make sure everyone who needed it has access to food, medicine, and other health and social care needs.

Food teams and distribution centres established to provide fresh food parcels, including a leaflet of useful contacts, to those shielding and vulnerable groups.

A community food project set up working with local supermarkets to promote priority supermarket shopping slots.

The TSI developed and supported the ‘Keeping in Touch’ befriending service accessed from the CfP helpline/webpage or via the TSI web page.

An Emotional Support Service was developed in May 2020 which could be accessed via the Helpline, e-form or outreach.

Caring for People (CfP) Argyll and Bute

UKPHR Innovation in Public Health Awards 2021 Finalist

Finalist Scottish Health Awards 2020

CfP Partners:

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

NHS Highland

Third Sector Interface Argyll and Bute

Argyll Bute Council

3,276 identified as shielding.

45,000 food parcels delivered.

3,464 people logged **4,102** Caring for People requests via the Helpline, e-form and outreach.

COVID-19: CARING FOR PEOPLE (CfP) - EMOTIONAL SUPPORT SERVICE

Aim: To provide an Emotional Support Service as part of the response to the COVID-19 pandemic across Argyll and Bute.

HIGHLIGHTS

The HSCP launched an Emotional Support telephone helpline in May 2020 with positive feedback from users. Although initially busy, the helpline was suspended due to a decline in demand over the summer. Other third sector organisations reported similarly low levels of use of telephone support services.

Reflections with partners on this service led to engagement with people who had unmet mental health needs. This included an online survey, focus groups and community conversations with users of Third Sector.

These findings have been shared with the Commissioning and Market Facilitation Steering Group. This will ensure mental health needs are incorporated into the commissioning of equitable services throughout Argyll and Bute.

CALLERS WERE SIGNPOSTED TO:

- Argyll and Bute Educational Psychology
- Chaplaincy
- Local Palliative Care Nurse
- GP/Community Mental Health Team

LIVING WELL STRATEGY

A strategy focusing on enablement, prevention and self-management to support the population in living a healthier life in Argyll and Bute.

LIVING WELL GRANTS

- Launched in September 2019, a £70K investment in community led activity supports the implementation of the Living Well Strategy.
- In addition to those listed below, a further £4K in small youth grants in allocations of up to £500 were awarded to 12 groups in October 2020 through the Living Well Network to provide activities for young people (see page 15).

8 LIVING WELL GRANTS

allocated to Third Sector Organisations

- **LIVE ARGYLL** - physical activity sessions (virtual during lockdown constraints) to include behaviour change, Pathways with Physiotherapy and Live Argyll, support for Frailty across Argyll and Bute.
- **MACPOOL** - falls prevention.
- **ACUMEN/BUTE LISTENING SERVICE/SUPPORT IN MIND (in partnership)** - roll out of supported self-management plan across Argyll and Bute. Access to supported sessions to work through the care plan and counselling.
- **CHIT CHAT** - Islay to provide practical and emotional support to people at higher risk to due to COVID-19.
- **MS CENTRE** - to support development of virtual self-management sessions across MAKI
- **GREY MATTERS** - support with activities at new centre via Zoom.
- **COWAL ELDERLY BEFRIENDERS (INCLUDING BUTE)** - support for falls prevention across Cowal and Bute.
- **KINTYRE LINK CLUB** - to develop activities that meet with COVID-19 restrictions to people who have experienced a greater level of poor mental health.

HIGHLIGHTS

2 Living Well sub-groups in place:

- **PHYSICAL ACTIVITY**

  Virtual physical activity tools and resources developed with new pathways linked to third sector and physiotherapy.

- **WEIGHT MANAGEMENT TIER 2 DIABETES MANAGEMENT (T2DM)**

  Digital tools in place for weight management and to support people to manage type 1 and type 2 diabetes.

HEALTHY LIVING PARTNERSHIP

- Virtual self-management support across Argyll and Bute
- 6 virtual pain management sessions delivered in March 2021.

LIVING WELL STEERING GROUP

Meets bi-monthly. Implementation plan reprioritised due to COVID-19:

- **PHYSICAL ACTIVITY**
- **HEALTHY WEIGHT**
- **EMOTIONAL AND MENTAL WELLBEING**
- **ACCESS TO INFORMATION AND SUPPORT**

ALIGNMENT TO 4 THEMES OF THE HSCP STRATEGY

The Living Well Strategy further develops the intentions of the Joint Health Improvement Plan (JHIP) to support people experiencing long term health conditions and to help reduce their occurrence.

The Living Well Implementation Plan aligns to the HSCP strategic intentions under four themes:

- **PEOPLE** - enabling and informing to ensure healthy living and self-management of long-term health conditions
- **COMMUNITY** - joined up approaches to support for health living within communities
- **LEADERSHIP** - high level commitment within the HSCP to ensure investment in prevention of health and social care problems
- **WORKFORCE** - supporting and educating frontline health and social care professionals to anticipate and prevent problems before they arise

Also connects with Link Working Development:

EMOTIONAL WELLBEING SURVEY UNDERTAKEN

and focus groups held in October 2020 which led the development of a

SELF CARE PLAN

in partnership with ACUMEN.

Living well IN ARGYLL & BUTE

LIVING WELL NETWORKS (LWN)

8 LWNs supporting community capacity building in health and wellbeing across Argyll and Bute

Argyll and Bute

LWN Themes *(as per Joint Health Improvement Plan 2017-22):*

Self Management

Increased Physical Activity

Theme 1
Getting the best start in life - enabling children to develop into healthy adults

Theme 2
Working to ensure fairness - addressing health inequalities

Theme 3
Enabling access to community support for social issues

Theme 4
Focusing on wellness not illness - building community capacity for healthy living

Youth Grant Awards Allocated in FY2020/21 (£4K)

Administered by LWNs, managed by Public Health Team

Total Youth Grants Awarded £4K FY2020/21

12 Projects Funded (Avg. of £333)

- **Street Art Graffitti** £500
- **Homelink Activity Hub Box** £500
- **Teen Wildlife Boat Trip** £360
- **MAYDS Drop In** £400
- **PSYV** £250
- **Youth Impact** £300+£100
- **Oban Youth Cafe** £500
- **eXp Games Galore** £350
- **Tarbert Youth Group** £100
- **Kintyre Youth Cafe** £200+£100

Living well IN BUTE

Bute and Cowal LWN Co-ordinator:

Dee James
livingwellcowal@ab-rc.org.uk
07384463473
facebook.com/ButeHWN
facebook.com/CowalLWN

Living well IN COWAL

BUTE LWN

106 LWN members

Highlights 2020/21

- £500 Health & Wellbeing Grant Allocation to introduce “Calm Boxes” into the Homelink Hub at Rothesay Joint Campus.
- Being able support the school Hub with their grant award - a new toolkit/resource to enable young people to have daily access to a variety of items within an individual box created for them and their specific needs. This Calm Box would give them options/ways to find a sense of calm/relief/security whilst experiencing high levels of anxiety, feelings of being overwhelmed, sadness or difficulty with managing their anger in the school day.
- Holding meetings using Zoom in light of the pandemic, has given members a way of being connected during this difficult time, the Networking and information sharing through the meetings and guest speakers has been invaluable.
- Being able to help to signpost members of the community throughout the pandemic.

COWAL LWN

64 LWN members

Highlights 2020/21

- Becoming the new Network Coordinator for Cowal. Providing the opportunity to revive the Network in Cowal, building upon the existing membership and re-introducing regular meetings.
- Hosting very well attended remote meetings with a variety of guest speakers during Covid.
- The support and enthusiasm of the Network members (existing and new) to make the Network meaningful and useful.

OBAN AND LORN LWN

99 LWN members

Oban and Lorn LWN Co-ordinator:

Kirsty MacLuckie

kirsty.obanyouthcafe@hotmail.co.uk

01631 567 399 (answer phone)

bit.ly/ObanAndLornLWNFacebook

Kirsty MacLuckie

Highlights 2020/21

- Meetings attended by representatives from ACUMEN, ALI Energy, Atlantis Leisure, Cancer Research UK, Carr Gomm, Community Development Officer, DWP, Family Mediation Argyll, Hope Kitchen, Live Argyll, Martyn's Monday Club, North Argyll Carers Centre, North Argyll Young Carers, Oban Community Council, Oban Pride, Oban Youth Café and TSI.
- >40 information emails issued on subjects including: - The New Scottish Child Payment, Hope Kitchen's Christmas Food Parcels, MacMillan Cancer Care's Gentle Movement Online Classes, A&B Council Recruiting for Corporate Parenting Board, A&B Chronic Pain Event, Community Food Forum Newsletter, Thriving Survivors Consultation Launch, ASK Suicide Prevention Training ACT Argyll Wide Climate Change Project, Waverley Care's Training Opportunities and Samaritans Self Harm Report.
- Kirsty and her 17 year old son helped deliver food parcels across Oban and surrounding areas, Mar-Sep. 2020.

Health Improvement Team contact: Lynn Garrett lynn.garrett3@nhs.scot

THE ISLANDS (MITCC) LWN

83 island-based LWN members;
79 mainland based LWN partners

Islands (MITCC) LWN Co-ordinator:

Carol Flett

tcmhwn@gmail.com

O7753218327

bit.ly/IslandsLWNFacebook

Carol Flett

Highlights 2020/21

- A huge positive to come out of the COVID -19 pandemic is that virtual meetings have become the norm on the Islands and are now an everyday part of working life for mainland based charities, organisations etc. to be communicating, supporting and attending virtual meetings. This has opened up access for Islanders to receive the same support as mainland based people.
- 5 Networking meetings by Zoom that were attended by 14 mainland based Network Partners who shared information about the support they can provide across the Islands with Islanders from Mull, Iona, Tiree, Coll and Colonsay.
- The Network Coordinator worked with the Caring for People Team, specifically supporting people from the Islands. It was good to hear positive feedback from Islanders about being supported by a person also living on an island.
- Carol compiled a comprehensive LWN Co-ordinator Induction Pack for new LWN Co-ordinators.
- Note: Youth Grant funding for 'Wildlife Watching for the Teens (Isle of Coll)' - planned for Autumn 2020 didn't happen due to unsuitable weather, so deferred trip until Autumn 2021.

Health Improvement Team contact: Caroline McArthur caroline.mcarthur2@nhs.scot

HELENSBURGH AND LOMOND LWN

180 LWN members

Helensburgh and Lomond LWN Co-ordinator:

Audrey Baird

audreyabhwn@gmail.com

07545853436

bit.ly/HghAndLomondLWNFacebook

Highlights 2020/21

- £500 awarded to Friends of Heritage Park to run a graffiti workshop for young people who have been vandalising the new Park benches, bins and other facilities: helping them develop their creativity and encouraging them to focus on a dedicated area in the Park assigned for their use. In addition, £250 was awarded to Helensburgh and Lomond Police Scotland Youth Volunteers to purchase new equipment for physical activity.
- 2020 started on a high, delivering a successful Living Well Festival in January 2020, attended by around 350 people and 40 partners.
- Members enthusiastically took to using new technologies for meetings and worked together to help identify gaps in services and provide support.
- Audrey volunteered for the COVID-19 Caring for People Emotional Support service supporting callers.
- Audrey assisted staff at Jean's Bothy Mental Health & Wellbeing Hub and the new Helensburgh Community Hub compiling evidence of need and community support to resulting in successful funding bids.

Health Improvement Team contact: Sam Campbell samantha.campbell3@nhs.scot

ISLAY AND JURA LWN

45 LWN members

Islay and Jura LWN Co-ordinator:

Sandra MacIntyre

sandra.macintyre@wearewithyou.org.uk

07583133825

bit.ly/IslayAndJuraLWNFacebook

Highlights 2020/21

- Putting members in touch with Islay Energy Trust for community grants of up to £2000 for Islay, Jura and Colonsay.
- An Online Art Group for We Are With You clients was opened up to the Islay Link Club through the Islay and Jura LW Network.
- During the first COVID-19 lockdown the LWN helped get resources to people by putting them in touch with the resilience group and getting PPE for colleagues. Social media (Facebook) was used extensively for sign-posting to services, sharing Argyll and Bute news, HSCP COVID-19 updates and local news of partners.

Health Improvement Team contact: Rory Munro rory.munro@nhs.scot

KINTYRE LWN

95 LWN members

Kintyre LWN Co-ordinator:

Tracy Chambers

hwnlinkclub@gmail.com

07535036953

bit.ly/KintyreLWNFacebook

Highlights 2020/21

- 2 Youth Grant Awards: Kintyre Youth Café and Young Carers - art and graffiti project to commemorate the experiences of the community throughout this pandemic; Youth Impact - To get young people involved in creating a garden space by building a shed, furniture, flower beds, bird boxes, sensory garden items etc.
- Working with other partners and the Kintyre Resilience Group to support all members of the community through the COVID-19 pandemic with food, shopping, prescriptions, friendships, social media, transport, etc.
- Supporting 2 local youth projects with funding to improve 2 areas of Campbeltown with the purpose being to encourage positive wellbeing and encouraging other members of the community to enjoy the spaces.
- Hosted 2 virtual network partner meetings with 20 partner organisations coming together to share their experiences of working during the pandemic and their hopes for the future.

Health Improvement Team contact: Jenny Dryden jennifer.dryden@nhs.scot

MID ARGYLL LWN

150 LWN members

Mid Argyll LWN Co-ordinator:

Antonia Baird (FY20/21); Trish Collins (FY21/22)

livingwell@mayds.org.uk

07733337163

bit.ly/MidArgyllLWNFacebook

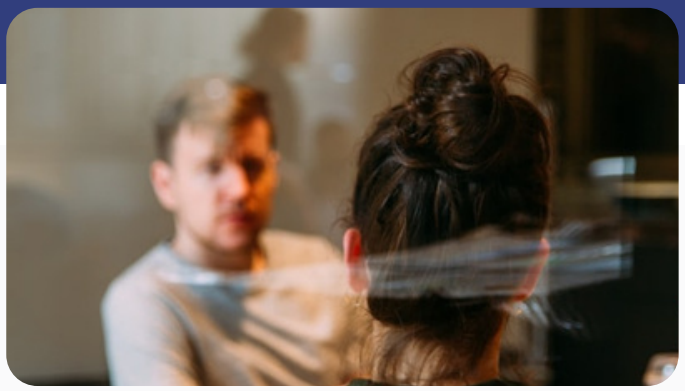
Highlights 2020/21

- 2 Youth Grant Awards: MAYDS Youth Drop Ins (£400) and Tarbert Youth Group (£100).
- Youth drop in project funded offering outdoor activities during lockdown. As restrictions eased, groups met indoors, allowing staff to offer support with health issues and worries about Covid-19.
- Antonia took a lead role in delivering support through the CfP Helpline for people who were self-isolating.
- We would like to thank Antonia for all her hard work over the years, as she steps down from the role of Mid Argyll Network Co-ordinator after several years. The Public Health Team wish her all the best for the future.
- Welcome to Trish Collins, the new Mid Argyll Network Coordinator. Trish is looking forward to developing community networks and supporting health and wellbeing in her new role.

Health Improvement Team contact: Laura Stephenson laura.stephenson2@nhs.scot

COMMUNITY LINK WORKING

Aim: To establish a Community Link Worker service in Argyll and Bute. Using a person-centred social prescribing approach, Community Link Workers will work with individuals to help them access community services and overcome barriers in order to take control of their own health and wellbeing.



HIGHLIGHTS

eRecruitment of a Health Improvement Senior to drive this work forward.

Award of Capacity Growth Grants to local Third Sector projects, to support the growth of community services into which the Community Link Work service will be able to refer.

Design of a Community Link Worker model which ensures that local need and challenging geography was taken into consideration.

Commissioning process underway, with the aim of awarding the contract for delivery of the Community Link Worker service in Summer 2021.

4 LOCAL PROJECTS

Supported by Capacity Growth Grants

- Reducing loneliness and social isolation
- Improving health in areas of deprivation and/or in remote and rural areas
- Supporting those living with long term conditions and/or frailty

COOL2TALK

Aim: To improve young people's access to local and national services, health information and encourage young people to openly discuss issues around their health and wellbeing.

Cool2Talk is an online support service for young people aged 12-26. Young people post a question to the website then receive a bespoke answer within 24 hours, 365 days a year, signposting them to appropriate services.

HIGHLIGHTS

Mid Argyll Youth Development Services (MAYDS) will deliver the service until March 2023.

Thanks to the following partners for their continued financial commitment to the health and wellbeing of young people in Argyll and Bute: ADP, Public Health, Police Scotland, Scottish Fire and Rescue, HSCP Children and Families and Argyll and Bute Education Service.

COOL2TALK.ORG

- 122 questions answered by MAYDS staff online
- 81% of service users identified themselves as female, 17% as male and 2% identified themselves as other.

SMOKING CESSATION

Aim: To reduce the prevalence of smoking in Argyll and Bute through implementation of NHS Highland's Tobacco Strategy, to support the Scottish Government aim of Scotland being smoke free by 2034.

HIGHLIGHTS

A local marketing campaign, including social media posts and newspaper adverts, highlighted Argyll and Bute Quit Your Way Stop Smoking Services resulting in an increase in referrals.

Local Stop Smoking Advisors continued to deliver services during the pandemic, with appointments via NHS Highland's secure Near Me platform and phone. In addition, NHS Highland's motivational texting service, 'Flo', has helped people on their quit journey.

The Smoke Free team as part of the wider Public Health Team supported the response to the pandemic by proving their flexibility to adapt and take on different roles that were required locally.

The team welcome Yvonne Brown for Oban, Lorn and the Isles and say thank you and goodbye to Louise Devlin and Colette Appleton for all their hard work.

Contact your local Stop Smoking Advisor directly for an initial chat:

Bute: Tel. 01700501521

Cowal: Tel. 01369708349 or Tel. 07972678923

Kintyre: Tel. 07812485058

Helensburgh and Lomond: Tel. 07795612590

Mid Argyll, Carradale and Muasdale: Tel. 07707868351

Oban, Lorn and Isles: Tel.07795612590

See also smokefreehighland.scot.nhs.uk

QUIT YOUR WAY
with our support

OUTCOMES

- **28** people set a quit date with their Stop Smoking Advisor as a direct result of seeing the our local Stop Smoking Adverting Campaign
- **73** successful Stop Smoking attempts supported by Stop Smoking Advisors

'SMOKE FREE' P7 EDUCATION PROGRAMME:

Aim: To educate young people on the impact of tobacco and smoking and equip them to remain smoke free for a tobacco free generation by 2034.

HIGHLIGHTS

'Smoke Free' is a bespoke educational programme delivered to Primary 7s. It consists of five lesson plans, online leaflets, letters for families and ends with an interactive drama production.

The Public Health Team worked closely with Argyll and Bute Council's Education Dept. and Raenbow Productions to adapt the delivery of this programme.

Five lesson plans were sent to all schools in advance of the production.

Great uptake of the recorded live production. An evaluation is underway

SHARED RESOURCE

- All primary schools in Argyll and Bute received a live recording of the 'Smoke Free' drama production to use at their convenience.

'SMOKE FREE' S3 HEALTH DRAMA: 'YOU ARE NOT ALONE'

Aim: To improve young people's knowledge of services through drama and encourage them to access support, as part of NHS Highland's Tobacco Strategy Action Plan.

HIGHLIGHTS

Working in partnership with A&B Council's Education Dept and Raenbow Productions, the programme was adapted to show a recorded live performance.

Schools received three accompanying lesson plans plus letters for the parents.

Due to the restrictions it was not possible to involve services. An evaluation is underway.

GP services were available for contraception advice although any extended services were paused for most of this period.

SHARED RESOURCE

- All secondary schools in Argyll and Bute received a live recording of the "You Are Not Alone" drama production to show at their convenience.

SEXUAL HEALTH

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

HIGHLIGHTS

Waverley Care continued to offer a remote service during the COVID-19 pandemic with technology enabling remote face-to-face consultations.

Condoms by post were available on request but the numbers were reduced due to shortages of staff physically present in the offices.

Remote training was offered but uptake of this was poor at the start of the pandemic, so this was suspended and restarted in Spring 2021.

GP services were available for contraception advice although any extended services were paused for most of this period.

ONLINE RESOURCES

- NHS inform: https://www.nhsinform.scot/self-help-guides/self-help-guide-**emergency-contraception**
- Waverley Care: https://www.waverleycare.org/**support-and-advice**/sexual-health
- **Free condoms** available by post: www.waverleycare.org/condoms-by-post

SCREENING INEQUALITIES

Aim: To identify and tackle inequalities in access to screening services.

HIGHLIGHTS

Funding was secured from the Scottish Government for a scoping exercise to identify areas for improvement in the promotion of screening services.

People in areas of deprivation are known to have a lower participation rate in screening services than those in less deprived areas.

An engagement exercise with frontline staff focussing on individuals with Mental Health conditions or Learning Disabilities identified areas for further intervention with staff working in these areas.

This work stemmed from bespoke sessions on screening that had been delivered to professionals during 2019/20.

SCREENING KNOWLEDGE SURVEY

- **69** staff completed a survey designed to identify gaps in knowledge (50 frontline Mental Health and Learning Disability staff and 19 Primary Care staff).
- Staff who had attended screening engagement sessions two years prior, still used the knowledge they gained within their work.

SUICIDE PREVENTION

Aim: To support implementation of the Scottish Government 'Every Life Matters' Strategy on Suicide Prevention, within the heightened economic and social pressures felt by individuals throughout the COVID-19 pandemic.

HIGHLIGHTS

A local Suicide Prevention Action Group was established, with virtual monthly meetings pooling knowledge and experience from across a wide range of community organisations and statutory partners in Argyll and Bute.

A comprehensive and detailed Suicide Prevention Action Plan specific to the local context and profile of Argyll and Bute was created, building upon existing Suicide Prevention work.

The Action Plan commits to making Argyll and Bute a Suicide Safer Community. Through learning and improvement, we minimise the risk of suicide by delivering better services, building stronger, more connected communities.

UNITED TO PREVENT SUICIDE

unitedtopreventsuicide.org.uk

CORE AIMS

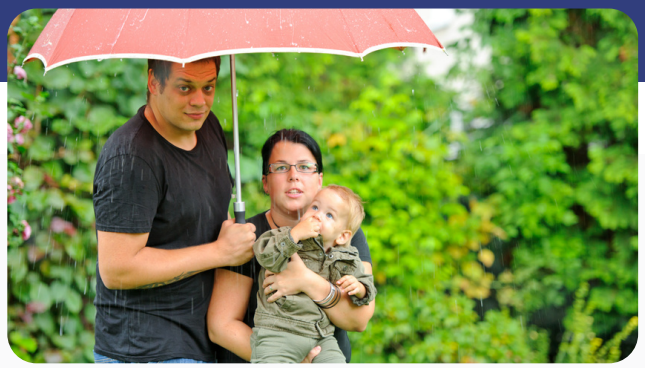
- People at risk of suicide, and their families, feel able to ask for help and have access to help and support when they need it
- To destigmatise suicide and open up the conversation about suicide
- To provide better support to those bereaved by suicide

SOCIAL MITIGATION

Aim: To anticipate problems that will impact on health and wellbeing, and then work in ways to prevent these problems from occurring.

Social mitigation involves a number of overarching themes in NHS Highland, including:

- Income maximisation
- Reducing child poverty
- Fair Work Practice in employment and recruitment
- Mental health improvement
- The impact of drugs and alcohol use
- Improving equality of opportunity and reducing inequalities
- Equalities sensitive practice and targeting those most in need
- Building capacity and working to build healthy and supportive communities



A wealth of work has taken place to mitigate against the impacts of COVID-19, including development of **NHS Highland's Social Mitigation Plan**, which sets out our approach to supporting the recovery from the COVID-19 pandemic.

Engagement around the development of this strategy and action plan was initially targeted to key partners and key staff services. Community engagement will take place in the coming year.

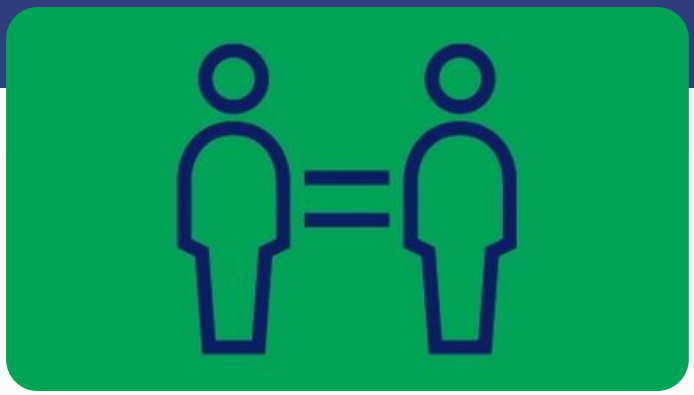
EQUALITIES

Aim: To anticipate problems that will impact on health and wellbeing, and then work in ways to prevent these problems from occurring.

OVERVIEW

Inequality of opportunity contributes to disparities in health outcomes across the life course. The Public Health team works to ensure those most in need can access services and support. We also work closely with the HSCP to reduce inequalities by providing specialist advice for the completion of statutory equality impact assessments. These impact assessment meet the needs of the Equality Act, Scottish Specific duties, Fairer Scotland duties and the Islands Act.

Further details available at: Argyll & Bute HSCP Equality Impact Assessments (scot.nhs.uk).



KEY OUTPUTS

- Supporting services to conduct impact assessment.
- Playing a key part in the Community Planning Partnership's Equality Forum.
- Consulting on the Equalities Outcome Framework due to be published in 2021.

COMMUNICATION & ENGAGEMENT

OVERVIEW

Worked closely with partners across Argyll and Bute, North Highland and at national level to roll out consistent and clear messaging specific to COVID-19 and other Public Health topics, including:

- Smoking Cessation
- Suicide Prevention
- Income Maximisation
- Physical Activity
- Covid-19 Guidance & Mobile Testing Units
- Emotional Wellbeing
- etc., as well as Scottish Government and UK Government advice.

CORE OUTPUTS

- Created a wide variety of comms and guidance directly relating to, and around, COVID-19 and other related Public Health issues, in a landscape of everchanging guidance and social mitigation.
- Conducted a formal evaluation of the Caring for People Helpline, and captured feedback from people who used it.

ARGYLL & BUTE ALCOHOL & DRUG PARTNERSHIP (ADP)

Aim: To improve health in Argyll and Bute by preventing and reducing alcohol and drug use, harms and related deaths.

- Community hubs have been set up throughout Argyll and Bute to offer Job Seekers, financial support, housing and/or general advice, etc to people in the area who are in recovery.
- A family support group has been set up in Helensburgh with more to follow across Argyll and Bute.
- Take home Naloxone and Naloxone training for those at risk of overdose, their families and carers, is being provided to more people across Argyll and Bute. Argyll and Bute now have Intranasal Naloxone which will make this life saving medication easier to administer.
- The Needle Exchange Service continues to provide injecting equipment to reduce the harm of drug use.
- The ADP fund local services providing support in secondary schools, intervening at an early stage to provide support aimed at reducing the use of drugs or alcohol at present or in the future.
- Funding for school counsellors to extend the Scottish Government counsellors in secondary school initiative, supporting Primary 6 and 7 pupils.
- Fund training for partners on a number of substance use topics (see training available by topic at **https://www.sdftraining.org.uk/training**).

HEAT target

HEAT Target: *'**90%** of clients will wait no more than 3 weeks from referral received to appropriate drug or alcohol treatment that supports their recovery.'*

In 2020-21, Argyll and Bute achieved:

89.6%

Note: Scottish Government suspended ABI submissions through year 2020/21 due to COVID-19.

THE ARGYLL AND BUTE PUBLIC HEALTH TEAM 2020/21

Dr Nicola Schinaia

Associate Director of Public Health, Argyll and Bute HSCP

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Cara Munro

Personal Assistant to Associate Director of Public Health, Argyll and Bute HSCP (0.8 FTE)

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Sincere thanks and recognition are given to the huge contribution made to the work of Public Health through the challenges of 2020/21 to all team members, but with a special note to those who have now moved on to new opportunities. We wish them all well in their future endeavours, with congratulations to those promoted within the team and a warm welcome to the new additions to the team.

Health Improvement Team | **Public Health Intelligence (PHI) Team** | **Alcohol and Drug Partnership (ADP)**

Health Improvement Team

Alison McGrory

Health Improvement Principal

Health and wellbeing lead for Argyll and Bute Community Planning Partnership (CPP). Health improvement representative for Mid Argyll Kintyre and Islay (MAKI) Locality Planning Group (LPG), and Community Planning Group CPG).

alison.mcgrory@nhs.scot

Sam Campbell

Health Improvement Lead (0.7 FTE)

Health improvement rep for Helensburgh and Lomond Locality Planning Group (LPG) and Community Planning Group (CPG).

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Laura Stephenson

Health Improvement Lead (0.5 FTE)

Health improvement rep for Cowal and Bute Locality Planning Group (LPG) and Community Planning Group (CPG).

laura.stephenson2@nhs.scot

From July 2021

Jenny Dryden

Health Improvement Lead (0.5 FTE)

Health improvement rep for Oban, Lorn and the Isles Locality Planning Group (LPG) and Community Planning Group (CPG).

jennifer.dryden@nhs.scot

Maggie Clark

Health Improvement Lead

Health improvement representative for Cowal and Bute Locality Planning Group (LPG) and Community Planning Group (CPG).

Retired June 2021

Health Improvement Team continued...

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Rory Munro
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Healther McAdam
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Sarah Urquhart
Health Improvement Senior (0.8 FTE)
A time-limited position for 2020/21 only

Suzanne Baird
Administrative Assistant (0.9 FTE)
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Sophie Wallace
Secretary (0.5 FTE)
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From July 2021

Plus 'Smoke Free' Team:

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yvonne.brown22@nhs.scot
From March 2021

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Kathy Graham
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JoAnne Loughlin
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Kate Paton
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kate.paton@nhs.scot

Mandy Wilson
Smoking Cessation Officer
Until June 2021

2020/21

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Lynsey Gates
Public Health Intelligence Assistant (0.5 FTE)
lynsey.gates@nhs.scot

The Health Improvement Team's presence online, (including data published by the Public Health Intelligence Team):

www healthyargyllandbute.co.uk

@HealthyArgyllandBute (facebook.com/HealthyArgyllandBute)

NHSH.ABhealthimprovement@nhs.scot

Alcohol & Drug Partnership (ADP) Team

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Sarah Marquis
ADP Development Officer (0.75 FTE)
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The ADP's presence online:

www argyllandbuteadp.info

@ArgyllandButeADP (facebook.com/ArgyllandButeADP)

@ArgyllADP (twitter.com/ArgyllADP)

NHSH.argyllandbuteadp@nhs.scot

2020/21

Key: FTE - full-time equivalent.
Note: NHS Highland email addresses changed from '@nhs.net' to '@nhs.scot' at end of Aug20.

USEFUL CONTACTS AND LINKS

If you are struggling, or simply need to seek advice, help is available.
Don't hesitate to contact any of the organisations below for help, support and/or advice.

Breathing Space
Open up when you're feeling down

Opening hours
Weekdays: Monday-Thursday 6pm to 2am
Weekend: Friday 6pm-Monday 6am

Need help now? Call free on
0800 83 85 87

SAMARITANS

Call us any time, day or night
Whatever you are going through, you can call us any time, day or night, from any phone for FREE.

Call 116 123

shout 85258

Txt 'shout' to 85258 for help.
We are here for you 24/7

NHS inform

For latest health advice and everyday health concerns
www.nhsinform.scot
Freephone
0800 22 44 88

Tel. 111 NHS 24

For urgent care advice, day or night, and health and dental support when your GP practice or dentist is closed.

LanguageLine Interpreting

If life threatening call 999

we are with you

Free, confidential support to people experiencing issues with drugs, alcohol or mental health (and their friends and family).
wearewithyou.org.uk

scotland's domestic abuse and forced marriage helpline

www.sdafmh.org.uk
Tel. 0800 027 1234

LGBT foundation

www.lgbt.foundation
Tel. 0345 330 3030

citizens advice bureau

For financial or legal concerns
www.abcab.org.uk
Tel. 01546 605 550

Children 1st **Parentline**
Online | Helpline | Lifeline
call free 08000 28 22 33

GamCare

Gambling support at:
www.gamcare.org.uk Call free: 0808 8020 133

For latest COVID-19 coronavirus advice visit:
www.nhsinform.scot/coronavirus

Got COVID-19 coronavirus symptoms?
Self isolate immediately (see **bit.ly/HowToSelfIsolate**) and **book a PCR test at: bit.ly/GetAPCRTest**

Phone **119** if you can't book a test online.

1 in 3 people who have COVID-19 have NO symptoms, but can still spread the virus to others without knowing.

So, keep getting tested even if you have no Coronavirus symptoms, to stay one step ahead of the virus. **Book a LFD test at: bit.ly/OrderARapidTest**

Always record your LFD Test result, even if it's negative, at:
www.covidtestingportal.scot