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Update from the Helensburgh & Lomond LivingWell Network.

“The purpose of the Networks is to develop local partnership working and planning for health improvement activity”.

- H&HLWN event was held on Sunday 16th of June in the LiveArgyll Leisure Centre in Helensburgh. The event was funded by £250 from the ADP and a £500 grant from ACHA. The event managed to create a fun and upbeat welcoming atmosphere. We had the Helensburgh Pipe Band play along the pier to attract attention, Hugs of Argyll company there with their therapy pony demonstrating how the connection between animals and humans promotes good mental health. The event was extremely well attended with most people who attended saying they had never even been in the leisure centre. This was one of the aims of the event to encourage reluctant users in to have a look around and tour of the gym. Some of the taster sessions were full, with participants going on to join groups and connections were made between service providers. Should it be beneficial to host more of these events Veronica Ferguson the Coordinator is happy to organise.
- Attended the Saltire Awards in Route 81 and heard how the ADP funding received by Route 81 benefited the young people.
- Welcomed new members to the network
- July 23rd was LWN meeting.

-Contacted OHBP the One Health Breakthrough Partnership to ask for promotion material highlighting the prevalence and harm of pharmaceuticals in our water.

(One Health Breakthrough Partnership (<https://ohbp.org>), a collaboration between the Scottish Environment Protection Agency (SEPA), Scottish Water, Scotland's Centre of Expertise for Waters (CREW) and the Environmental Research Institute (part of UHI)

- Supporting the committee who are trying to open and run the Princess Louise Hall in Rosneath in whatever way the network can. Hope to move the network meeting to the Princess Louise Hall in an attempt to start promoting it and encourage users.

-In discussions with Olena Mishanina - Health Improvement Senior with regard to mental health initiatives.

-Discussion around the logistics and possibility of a Men's Shed in Helensburgh, the committee of the Princess Louise Hall are keen to pursue this. They are taking advice from those who have experience of this.

- Will attend the Family fun day organised by the Recovery Cafe and the recovery network on October 12th and supporting this in whatever way the network can.

Next meeting is on October 29th hopefully in the Princess Louise Hall in Rosneath.

The role of Living Well Network Coordinator for Helensburgh & Lomond is one day a week. This means there may be a delay in me replying to e-mails.

Living Well Networks are in operation across Argyll and are funded and coordinated by the Argyll and Bute Health and Social Care Partnership's Public Health Team

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