

## ***Outcome 5: People live active, healthier and independent lives***

This outcome focuses on narrowing the gap in health inequalities by providing opportunities for everyone to be physically active and energetic members of their communities. People are enabled to live independently, with meaning and purpose, within their own community and are empowered to lead the healthiest lives possible. Healthier choices are made regarding alcohol and drugs and people are enabled to recover from substance misuse. Mental health improvement strategies are promoted by the CPP to reduce health inequalities.

The key strategies and plans supporting the delivery of this outcome at an Argyll & Bute level include: Health and Wellbeing Partnership Joint Health Improvement Plan, Mental Health Modernisation and Strategic Framework for Mental Health and Well-being, Reshaping Care for Older People, A&B Integrated Children's Services Plan, Local Housing Strategy, NHS Highland Health Inequalities Action Plan.

The following strategic partnerships are supporting the delivery of this outcome; Argyll and Bute Advice Network, Argyll and Bute Against Domestic Abuse and Violence Against Women Partnership, Argyll and Bute Community Health Partnership, Argyll and Bute Health and Social Care Partnership, Argyll and Bute Local Access Forum, Argyll and Bute Strategic Housing Forum, Third Sector and Communities CPP Sub-group, Health and Wellbeing Partnership.

### **Main areas of focus for Mid Argyll, Kintyre and the Islands included within this outcome:**

- People are empowered to maintain their independence and are an integral part of their local communities
- Individuals are more physically active
- Mental Health and well-being is improved
- Our partners work together to ensure that we mitigate against the effects of poverty across Argyll and Bute

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Short Term Outcome:			
SOA Code	SOA Delivery Plan Action	Activity on the Ground	Timescale
5.1.1	Continue to shift the balance of care from institutional to community based settings	<i>No information provided as at February 2015</i>	
5.1.6	Maintain a new build social housing programme including housing for varying needs to enable people to live more independently	12 units for social rent at Inveraray.	2015
		8 units for social rent in Tarbert (& assessing need for additional phase beyond this).	March 2015.
		6 units for social rent at Ardfern.	Feb. 2015
		18 units for social rent at Imeraval, Islay.	2016
		2 units for social rent in Tayvallich.	2015/16.
		A second phase of the development at Bowmore with 10 social rented units.	2015/16
		Progress a new build unit on Gigha	To be confirmed.
		Explore potential for new developments at Port Charlotte, Islay; Carradale; Jura; Lochgilphead; and Colonsay.	To be confirmed.
5.1.7	Carers are identified, supported and enabled to fulfill their roles	<i>No information provided as at February 2015</i>	
5.2.1	Work in partnership to tackle obesity and diabetes	<i>No information provided as at February 2015</i>	
5.2.2	Improve access and develop more opportunities for people to participate in physical exercise / activity	Continued funding and development of the Active Schools Program	Ongoing until 2019
		Re – Launch ArgyllActive program in Mid Argyll	March 2015
		Continue to support the Campbeltown community sports HUB initiative	March 2015 (dependant on Sportscotland funding)

		<p>Develop the current fitness class program to increase the type of exercise classes on offer in Mid Argyll:</p> <ul style="list-style-type: none"> <li>• Over 60's</li> </ul>	April 2015
		Assist with the development of an improved athletics area at the Mid Argyll Joint campus	TBC 2015
		Review and update facility charges to improve facility accessibility for concessions and families	April 2015
		<p>Continue to support the SLA arrangements with NGB's for:</p> <ul style="list-style-type: none"> <li>• Football - SFA</li> <li>• Shinty – Camanachd Association</li> <li>• Rugby – SRU</li> </ul>	Ongoing
		<p>Introduction of the a new leisure IT system at Mid Argyll Sports Centre which will greatly improve:</p> <ul style="list-style-type: none"> <li>• The customer journey – booking online etc.</li> <li>• Measuring usage</li> <li>• Reporting Key Performance Indicators</li> </ul>	Feb 2015 (Phase 1)
5.2.3	Increase accessibility to outdoor environments / green spaces	Develop an online library of simple walking route guides, combined with linkages to pre-existing guides available from other agencies such that a single point of comprehensive information will exist.	Phase 1 to populate the library with route guides. Stage 2 to develop the web based delivery of the library. Anticipated

			timescale 2 years and then ongoing maintenance.
5.4.1	Promote and build social networks to improve mental health	Social groups are supported eg. Lunch Bunch monthly Community Lunch	Ongoing
		Flying Craft Squad – work with Care Homes and Sheltered Housing	To be re-established February/March 2015
		Establish Men’s Shed as community asset	
		Work in partnership with other organisations and groups with a common aim	During 2015-16
		South Kintyre Seniors Forum has grown from single figures to over 50 in 2014. Groups use the opportunity to socialise, arrange activities and organise meetings out with the forum. Anticipate 75 Forum members in 2015.	Ongoing
		The introduction of the Happy Bus project has both addressed social isolation and allowed older people another means to access existing opportunities.	The happy bus operates weekly, with additional use as and when. The funding for the project will be exhausted by March and subsequent funding opportunities are being assessed.

		Provision of STEPS courses	February 2015
		Maintaining links with LINK clubs in Campbeltown and Islay	
		To run fortnightly drop in craft sessions to maintain links with past STEPS candidates	
5.6.7	Adverse impacts of welfare reform are minimised	Support local Food Bank and refer clients to agencies who can provide additional support.	