

## ***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 Oban, Lorn and the Isles 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 wellbeing is improved
- Our partners work together to ensure that we mitigate against the effects of poverty across Argyll and Bute

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

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 as at February 2015</i>	
5.1.5	All service providers use an approach which encourages mobility and promotes strength and balance reducing falls in older people	<i>No information 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	40 units for social rent at Glenshellach, Oban & potential second phase of further 17 units.	Phase 1 completed, November 2014. Phase 2 to be confirmed.
		8 units for social rent in Connel with potential second phase of additional 10 units.	Phase 1 - March 2015. Phase 2 to be confirmed.
		2 units for affordable rent at Ulva, Mull	2015
		12 units for social rent at Benderloch.	2016.
		5 affordable units on Iona.	To be confirmed.
		Dunbeg Phase 2 for 25 units (& explore potential for further Phase 3).	Phase 2 - 2015/16
		Explore/progress potential developments for Dervaig, Lochdon and Bunessan on Mull; Port Appin; Tiree and Coll; and retirement homes for elderly at Ganavan, Oban.	To be confirmed
5.1.7	Carers are identified, supported and enabled to fulfil their roles	<i>No information 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
		Continue to support Atlantis Leisure through the existing SLA	Ongoing

		<p>Develop pathways to access community sports HUBs</p> <ul style="list-style-type: none"> <li>• Oban development</li> <li>• Virtual link-ups for the Isles</li> </ul>	Aug 2015 (dependant on Sportscotland funding)
		<p>Partnership work with Atlantis and Mactaggart facilities:</p> <ul style="list-style-type: none"> <li>• ABAN - Housing exercise referral program</li> <li>• Swimming Development</li> </ul>	March 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
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	A Link club and support group is established in area to provide additional services and build community capacity	
		6 People are facilitated to participate in personal development to build confidence and self esteem	

		Guided self-help referrals to volunteering increase by further 12 people	
		Referrals to community groups increase by further 8 people	
		Encouraging 25 people with identified mental health issues (anxiety / low mood etc) to continue to use their current social networks and build existing support available to them as well as develop new links in the community	
		Grey Matters / Seniors Forum / expand membership and improve wellbeing additional 20 people	
5.4.3	Implement systems which support all people who have lost others to suicide either in a professional or personal capacity	<i>No information as at February 2015</i>	
5.6.7	Adverse effects of welfare reform are minimised	<i>No information as at February 2015</i>	