

Health & Wellbeing Forum – Meeting Notes

Date of Meeting: Tuesday 3rd Aug 2021

Present: Elidh Brown, Barbara Wilson, Margaret Cowie, Simon Brodie, Nicola Stove, Nadine Weiland-Jarvis, Tara Pinheiro Gibson, Anna Rist, Marlene Westland, Gill Bird, Catherine Graham, Junfei Hu, Sandi Downing, Tina Morrow, Tara Engelmann, Vicky Flood.

Welcome

Meeting began with a quick Chime in.

Presentation – Anna Rist & Marlene Westland NHS

NHS Grampian

Plan for the Future 2022-2028 Engagement Pack Stage 1 (June to August 2021)

Whistle stop tour around the resource pack they have put together, slides are attached so please share widely around your contacts. Brief introduction at the moment, you can request that they come & facilitate a session directly, give out more information & engagement with any groups, please let Anna know anna.rist@nhs.scot After Aug there will be a bit of a pause where they will look at all data then stage 2 where it will be a bit more targeted with a consultation type exercise, come back with a proposed plan & agree next steps forward. Final plan/strategy due for approval by NHS Grampian Board in the spring 2022. How can you get involved - As an individual or as an organisation/community group or both. Dedicated web-site & online survey available, www.nhsgrampian.org/strategy2022-2028. Paper copies available too. Feedback from group - How is the message getting out to people who are not online? Where to find out about it, opening up after covid, finding places where posters can be displayed, hard copies can be held with a return envelope. Libraries, Places of worship, Foodbanks, GP surgeries, Health visitors, Community Nurses, Pharmacies, Breakfast Clubs, tsiMORAY web-site, tsimoray.org.uk. Local org's newsletters. HWF connections here today. Still some barriers beyond immediate power. From Marlene Westland to Everyone : you can email us at gram.involve@nhs.scot

Share & Updates from Forum Members -

Vicky Flood Moray School Bank – Currently taking referrals for supporting the kids going back to School & in need of School Uniform so that they are confident & ready to learn. For anyone in financial hardship, no means tested, regardless if working or not, are eligible to be put forward. Referrals need to come in via an agency, no self-referrals. Referral process link www.morayschoolbank.org/uniform-referral/ & guide is attached. Donation points all across moray on their Facebook Page. vicky@morayschoolbank.org

Tina Morrow Homeshare UK (Part of Shared Lives) – Her role is to find & work with partners to create Homeshare across Scotland. 20 schemes in England & 1 in Rep of Ireland with over 1000 people creating partnerships/matches. A service that matches people, usually older people or people with a disability who may have a spare room, with younger or older people looking for affordable accommodation. No rent is paid, a service charge is paid to the Homeshare organisation & the person who moves in provides up to 10hrs per week of support/not care, ie gardening, shopping, cooking, watching TV, walking, all the low-level things that people cannot do that then start to impact on them, affecting confidence & wellbeing, helping with loneliness & for the Homesharer too. Feedback has been fantastic. Also Homeshare community in Europe.
Tina@sharedlivesplus.org.uk

Sandi Downing Quarriers – Still finding a significant increase in referral rates for unpaid carers of all ages & also an increase of the complexity of cases that they are now having to support, coupled with the significant change in the staff team unexpectedly, by Sept will have a 50% new team which has an impact for capacity to support carers with training required. Got the go ahead for temporary funding to appoint a worker who's role will be to support carers through the Hospital admission, experience & discharge of the person they care for. sandi.downing@quarriers.org.uk

Catherine Graham Social Security Scotland - New Staff coming in finally, 1 additional client support advisor starting in Sept with another 5 joining the Moray team in Oct. Looking at the child disability payment which is the next big payment coming live for us. Pilot went live last week in the Dundee/Perth & Western Isles. Over 90% of applications have come through the digital portal now available for disability payments, remainder have been by telephone. For Moray this will be launched in Nov, more info @ next forum for an update on local delivery. Video call or advisor to go out & sit with them face-to-face option still available atm.
catherine.graham@socialsecurity.gov.scot

Margaret Cowie Moray Council – Service was affected by covid-19, adapted by using phone buddying, garden visits, walking. Checking all Volunteers/clients are vaccinated. More requests for Alarm Responders, more challenging with difficulties in their lives atm is increasing. Volunteers upskilling quite a bit. More online training, disadvantage for clients with no IT. PVG system much quicker now. Previous travel time now utilised by video or telephone calls, do miss face to face a lot.
margaret.cowie@moray.gov.uk

Simon Brodie Ability Net – Now back seeing people things are a lot better. Ability net potentially lost a lot of clients as family/friends/neighbours are now also able to go in & help with tech stuff. Current clients really appreciating the support, if you know anyone over 55, anyone living with a disability, Ability Net are the go to organisation for help with any immediate or long-term tech issues, also keeping safe online, filling in CV's. v.nescotland@abilitynet.org.uk
<https://abilitynet.org.uk/at-home/request-free-it-support-home>

Nadine Weiland-Jarvis Penumbra – (Awaiting fuller update due to technical issues) Going on maternity leave & temp replacement in place. Flyer now available for up & running programmes (to follow) also on facebook page. Now receiving referrals.
nadine.weiland-jarvis@penumbra.org.uk



Gill Bird tsiMORAY – On day 2 of new placement with tsiMORAY. Working with community groups in the Moray area to help ease the process of discharge of patients from hospital to reduce the risk of re-admittance etc. Shout out to Sir Captain Tom for his phenomenal fundraising for the NHS for the funding for this post. gill@tsimoray.org.uk

Nicola Stove British Red Cross – Thanking ALL for being such a nice group, one of the nicest tsi groups I have attended for a while. Now upskilling Volunteers & doing more appointments across Moray. Red Cross had a big presence in Moray when they did Event 1st Aid, not really their core work but very visible service with high vis jackets/sirens. The independent living stuff didn't really get seen behind the scenes, pleased they are starting to look at that. Simon Boker Ingram was one of the lead partners with NHS Shetlands so have a really good relationship already here which makes a bit of a difference. Services trying to look at Grampian, always had a focus on Aberdeen City looking at the Shire & now through Moray so it's trying to make connections in areas that have maybe been missed off the map. Nice that attending the Forum seeing faces & names makes a big difference when re-engaging. nstove@redcross.org.uk

Tara Engelmann Quarriers – Continue to be busy with referrals, new ones recently. Continue to provide online Epilepsy awareness training Client led. Having online support group weekly has been really beneficial to clients being supported. Clients asking to meet face to face again, hoping to have some picnics & social groups as soon as they can. Very grateful having received some funding from Barclays for wellbeing & food vouchers. Have been doing doorstep drop offs, using people's gardens, going for walks trying to follow the flow as everyone else. Tara.Engelmann@quarriers.org.uk

Junfei Hu (Matt) Vox Scotland - Involved in lots of things in Moray, Director with Vox Scotland, mostly for their mental health & wellbeing, struggling for this area, & locally as a Champion with Moray Wellbeing Hub. For myself it's been a very hard year but now I have been awarded temporary leave to remain in Moray which gives me the status required to be entitled to work, and therefore I need to find for a job. We all wish you the very best of luck Junfei. matt_hu2002@hotmail.com

Tara Pinheiro Gibsone Findhorn Foundation – They have a 7acre organic garden which provides food for local community/area. Through that they also provide different context for learning & settings for workshops & programmes. Finally able to remobilise the care farm next week which has been running successfully for many years before covid having 7 local service users ready to come back with either learning disability, Autism or Asperger's who come to the gardens where they provide a day service spending time outside. Also, in the afternoons doing creative activities, art studio, pottery & other activities. Will be a joy to have them back it's been a long time. Just finished a month-long pilot project called Moray Sustainable Food Systems in partnership with UHI Moray College & Findhorn Foundation working with unemployed people in the local area teaching them organic gardening skills funded by the Employability Fund, building confidence & skills getting them closer towards employment, potentially starting their own local food business. Recognising the impact of health & wellbeing predominantly that the gardens can provide. tara.gibsone@findhorn.org

Chimed Out – Lovely feedback 😊



Date of next meeting is the 5th of Oct 2021