

November 2017

South Locality News



**your**

**community PK**

An Initiative from Perth and Kinross Health and Social Care Partnership

## Launching Your New Locality Newsletter

The South Perthshire and Kinross Locality Team is excited to launch this new quarterly newsletter to provide you with an update on what's going on in health and social care in your area. We are keen to share information and stories about the different ways peoples Health and Social care needs are being met. We welcome any feedback, suggestions and please join in the conversation! If you want to help shape the newsletter going forward or can share your stories, please get in touch.

## Steinmeyer Legacy Fund

Preliminary plans have been put in place in Comrie for village-wide consultation on the Steinmeyer Legacy. An interim committee, headed up by local Comrie resident, Murray Lauchlan, was formed to oversee the initial stages in setting up public consultation to decide how the bequest from the former Cultybraggan Camp prisoner of war will be used. Mr Steinmeyer left £384,000 in his will to benefit the elderly of the village and the interim committee, which includes a cross section of residents, has been discussing how to give everyone in the Shaky Village a chance to air their opinions on how the money should be spent. The committee's role will not be to discuss how the fund is spent, but to organise opportunities for locals to give their feedback.



## Your Community PK Website

Perth & Kinross Health & Social Care Partnership are working with local groups and organisations to develop the Your Community PK website, an online directory to enable people to access local information across Perth and Kinross to support their health and well being. There are over 500 listings across Perth and Kinross with lots more still to be added. Help us create more easily accessible information by adding your local group/organisation—go to [www.yourcommunitypk.org](http://www.yourcommunitypk.org) and complete a short form or contact the community engagement team for assistance.

### GET IN TOUCH

#### South Perthshire and Kinross Locality Community Engagement Team

Stephanie Cameron—01738 452234

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 @PKAVSCommunityEngagement

 @CETPKAVS



Stephanie



Susan

## Integrated Joint Board (IJB) Public Partners

Perth & Kinross Integration Joint Board has four public partners. Linda Lennie is the Principal Service User Representative with Sandra Auld as Substitute. Bernie Campbell is Principal Carer Representative with Maureen Summers as Substitute. They have recently been gathering with a body of community members to create a Manifesto for Involvement. This will outline what is needed to help service users, carers and members of communities take a full role in being true partners in care for themselves and people around them.

To get in touch email [publicpartnerspkijb@outlook.com](mailto:publicpartnerspkijb@outlook.com) or [ijbserviceuserreppandk@outlook.com](mailto:ijbserviceuserreppandk@outlook.com) or call 01738 452235



Linda Lennie



Sandra Auld



Bernie Campbell



Maureen Summers

## BROKE NOT BROKE

### Broke Not Broken

Broke Not Broken is a Charity aimed at Tackling the Effects of Poverty. We operate as a food bank in Kinross, offering additional support to our clients. We run a community foodbank managed solely by volunteers. We are involved with a number of local organisations within the community and surrounding areas to help those people who are going through difficult times. Our latest collaboration is with NHS Tayside Healthy Communities Project. We are very pleased to be supporting their Kinross Recovery & Conversation Cafe!

## Auchterarder Archway Community Project

Drop in Café every Monday afternoon 1.30-3.00pm at Auchterarder Community Church Centre. Various activities include, support and advice at the café—come along and tell us what you would like or just come for the cuppa and company! Alzheimer Scotland will have information, advice and support on the last Monday of the month. On other Mondays we will include representation from PKC Housing and Community Care, NHS Healthy Communities, signposting for Welfare Rights etc. More than just a chance for some coffee/tea and refreshments. It's a warm, friendly and supportive place to meet and chat. Supported by members of the Auchterarder Network. For more information please contact Shona Fowler— [shonafowler@nhs.net](mailto:shonafowler@nhs.net) or 078960280843



## Your Locality



Health & Social Care staff are now working in locality areas to take into account the needs of different communities in Perth and Kinross and have identified three localities: North Perthshire, Perth City and South Perthshire & Kinross. They are responsible for identifying and addressing local care and support needs. The Locality teams currently meet monthly with health and social care partners. They are formulating ways to involve interested local community members to contribute meaningfully to developing partnership working and ensuring carer and service users' needs are met. **Does this interest you as a community member?** - Contact Community Engagement Team.

## Key Messages from South Locality Leads:



Lindsey Bailie—NHS



Alison Fairlie—PKC

As Locality Leads we are delighted to be offered an opportunity to have a regular slot in this newsletter. As this is the first of many we just wanted to let everyone know that it has been a great honour for us to take some time to be out and about with the teams who are delivering care in your area. We have also visited and continue to find out about local community groups across all the areas within the locality who provide vital support and show great commitment to their local population. We hope that as we integrate our health and social care teams we will improve and build on our links with local groups and work in partnership to improve health and wellbeing across South Perthshire and Kinross.

## Changes to Services—have your say



### **NHS Mental Health Transformation Consultation**

A recent Public Consultation on Mental Health and Learning Disability Service took place running from 3rd July until 3rd October 2017. The consultation website [www.taysidementalhealthredesign.scot.nhs.uk](http://www.taysidementalhealthredesign.scot.nhs.uk) is available for people to find out more about the proposed option changes. Feedback from the consultation will be available from January/February 2018



### **NHS Surgical Services Consultation**

NHS Tayside is proposing to make changes to where surgeons, doctors and nurses deliver some general surgical procedures in Tayside. The proposed changes are to ensure NHS Tayside can continue sustainable, safe, high-quality surgical services into the future. The proposed changes would mean that unscheduled general surgical care would take place at Ninewells, allowing more planned procedures at Perth Royal Infirmary. Information can be accessed online via [www.transformingsurgery.scot.nhs.uk](http://www.transformingsurgery.scot.nhs.uk)

### **Participatory Budgeting (PB)**



Local Action Partnerships and the Health and Social Care Partnership have joined together to allocate some of their budget for PB which means local communities will get the chance to decide on where and what the money should be spent on. Applications, criteria and voting details will be published very soon for your area—watch this space.

### **Opportunity to help shape Crieff Community Conference**

We are looking for local people who are interested in helping us to make a difference to people's health and wellbeing needs in Crieff. We would like to host an event early next year 2018 to bring local people and health and social care staff together to explore changes that are happening to services and identify ways forward that the community can get involved.

## Local Health & Wellbeing Groups



Do you have an interest in Health & Wellbeing and would like to make a difference in your area? Meetings are open to anyone—come along to share your knowledge, experiences, thoughts & ideas to identify local issues around health and wellbeing, finding solutions to ensure people are able to live in their own homes for as long as possible and to have a strong community support network for everyone! Working together as a partnership we have community members, local workers from Social Care, NHS, Third Sector organisations and Local Authority all contributing. Currently in Kinross-shire there is a Health and

Wellbeing group which is a sub group of the Kinross-shire Community Learning and Development Group.

## What's Happening in Your Local Health & Wellbeing Group?

### Kinross—DanceSing Event

The group recently organised a DanceSing event with 100 people attending enjoying a range of different types of music played by local musicians Bob Pryde and Loch Leven Voices. Local dance teacher Pam Spowart also came along and encouraged people to get up on their feet and for those who needed a break, tea, coffee and cakes were enjoyed. There was lots of positive feedback about the event and requests for more events.



### New Strathearn & Strathallan Health & Wellbeing Group Starting soon!

If you would like to be involved then please get in touch with Stephanie Cameron, Community Engagement

Worker for more details (contact details on front page of this newsletter).

### Did You Know

**Good Networks =**

- Better immunity
- Improved sleep pattern
- Reduction in stress hormones
- Boosts our brain power
- (Ref Dhruv Khullar)

### Why Volunteer?

- ⇒ A way to make new friends
- ⇒ Enhance your CV
- ⇒ Make a difference to the lives of others
- ⇒ Gain confidence and self esteem
- ⇒ Can help with depression and anxiety
- ⇒ Getting to know your local community

## Dates for your diary



- ◆ Early 2018— Participatory Budgeting (PB) applications will be available — more details to follow
- ◆ Crieff Community Conference— February 2018
- ◆ Saturday 3rd March 2018—Kinross Better Place to Live Fair