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**Third Sector Forum: Health and Wellbeing**

**Tuesday 17th April 2018 2pm to 4:30pm @ The Inkwell, Elgin.**

**Aim of forum**:  to ensure the third sector is an equal partner in the delivery of integrated health and social care in Moray.

**Purpose of the forum**:

* To motivate, inspire, include and build trust.
* To share information, experience, learning, knowledge and any other relevant resources across boundaries and between sectors.
* To translate discussion into a formal action plan.
* To facilitate timely, targeted and responsive communication.
* To create opportunities and mechanisms for local partners to collaborate.

This event is of interest to any third sector organisations, individuals or associate partners who are already active or have a current and future interest in providing health, wellbeing and social care activities and services in Moray for adults and older people (this includes young people in transition to adult services).

At this meeting we will continue to develop this third sector forum within the context of the integration of health and social care in Moray and the challenges and opportunities this presents to the third sector and communities.

To book a place on this or future forum meetings please call the tsiMORAY office on 01343 541713 between 10am and 3pm Monday to Friday.

For any other questions or queries relating to this event or more generally with regard to third sector development of activities and services relating to health and wellbeing in Moray please contact Elidh Brown, Health and Wellbeing Team Coordinator, by email – [elidh@tsimoray.org.uk](mailto:elidh@tsimoray.org.uk) or by telephone 01343 541713.

**Evaluation of Forum meeting held on 17th April 2018**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 1  Poor | 2  OK | 3  Good | 4  Excellent |
| I feel more connected as a result of taking part  5/10 good 5/10 excellent | 0 | 0 | 50% | 50% |
| The content and pace of the event was  2/10 ok 5/10 good 3/10 excellent | 0 | 20% | 50% | 30% |
| The facilitators’ knowledge of the subject was  6/10 good 4/10 excellent | 0 | 0 | 60% | 40% |
| How would you rate the venue for this event?  8/10 good 2/10 excellent | 0 | 0 | 80% | 20% |
|  |  |  |  |  |
| What went well today?  Well facilitated, good venue, interesting subjects discussed.  Nice biscuits!  New ideas and networking  Interesting presentations  Listening to a wide variety of opinions  A safe group to be part of  Range of presentations with Q&A  Networking opportunity  Networking  Knowledge exchange  What changes, if any, would you have made to the event?  N/A  Either less on agenda or advance knowledge that it could take longer. Keep to time at start.  None  Perhaps microphone for presenters?  Less fast-paced initial introductions and updates | | | | |
|  |  |  |  |  |
| Following this event, are there any further events or courses you think would be helpful?  n/a | | | | |
|  | | | | |
| Any other comments:  As always – thank you!  Found various presenters difficult to understand  NB Include future meeting dates in notes. | | | | |

**NEXT MEETING**

The next meeting is scheduled for **Tuesday 19th June from 2 to 4.30pm, in The Inkwell, Elgin.**

Further Forum meetings this year are scheduled for 28th August , 30th October, and the 11th December, and are scheduled to be held in the Inkwell from 2- 4.30pm with the exception of the 28th August.

Please let us know of suggestions for future Forum agenda items, ahead of time.

**THIS MEETING (17/4/18)**

**In attendance:**

Ingrid Penny, Marie Curie Home Service

Tara Englemann, Quarriers Epilepsy Fieldwork

Alison Lowes, Quarriers

Fabio Villani, **tsi**MORAY

David Powney, Move Forward

Kate Clark, The Journey Home

Kathryn Evans, Moray Sports Centre

Mhairi Shepherd, Penumbra

Paul Johnson, Moray Alcohol and Drug Partnership

Amanda St George, Living Golf

Franz Rolinck, Living Golf

Robert Mitchell, Scottish Government

Donna Melvin, Unique Skin Clinics

Heidi Tweedie, Moray Wellbeing H

Elidh Brown, **tsi**MORAY

Jan MacPherson **t**siMORAY

**Apologies:**

Sarah Murray, Royal Volunteer Service

Linda Ireland-Tollenaers, Royal Volunteer Service

Ian Menzies, Royal Volunteer Service

Jilly Addison, Mental Health Link Worker, Community Renewal

Kirsty Williams, Older Person’s Co-ordinator, FACT

Quick round of welcomes and introductions – including new forum members, guest, Robert Mitchell from the Third Sector Team at the Scottish Government, and guest speakers.

**Call for participation**

*Mental Health Awareness Week 14-20th May 2018.*

Although no additional funding is available, the Moray Health and Wellbeing Hub have offered to co-ordinate events in Moray during this week and avoid any unnecessary clashes. This could be an opportunity to plan a new event, or to further publicise events which are already planned to take place during this week.

Please get in touch with Heidi Tweedie [heidi@moraywellbeinghub.org.uk](mailto:heidi@moraywellbeinghub.org.uk)

**Farewell/keep in touch to Forum member**

Ingrid Penny, currently with Marie Curie, is moving to a new post in Inverurie to work with Fly Cup. Many thanks to Ingrid for being part of the Forum since near the beginning. Going forward the Marie Curie post has been reshaped as a Coordinator role, covering a larger area in Scotland, still including Moray.

**Moray Sports Centre**

Building work for the new Moray Sports Centre in Elgin is due to break ground in the next few months after lots of hard work and fundraising over the last two and a half years.

**PB case study**

Elidh gave an outline of the ‘Our Communities Drugs and Alcohol Initiative’, and introduced Paul Johnson from the Moray Alcohol and Drugs Partnership ( MADP) who has recently joined the Health and Wellbeing Forum.

Paul has been very impressed with his experience of the three rounds of the Participatory Budgeting process that he has been involved in to date. He has seen how relatively small ‘pots of money’ can go a long way to make positive changes, reduce stigma, and help to prevent folk from becoming disenfranchised, and he has also had very good feedback from his client group.

Paul was able to announce that a further round of small grants funding for PB has been allocated within the new MADP budget for this year.

Paul would like to link the Moray Drugs and Alcohol Partnership with the Forum and vice versa, as a way of reaching out and being more public facing.

In relation to this aim, all Forum members are invited to attend the next MADP Frontline Forum due to be held on Friday 1st June from 12.30 to 2pm at the Inkwell, Frances Place, Elgin.

This event will provide an excellent opportunity to learn from groups who have participated in some, or all, of the three rounds of # You Choose (small grants participatory budgeting programmes) which have been held to date; all welcome to attend. ( copy of invitation and outline programme attached).

**Integrated Joint Board**

Fabio received a late request from the H&SC Partnership on the 23rd April for assistance from the Forum to draft potential interview questions for the the IJB Third Sector Representative/Liaiser vacancy, the interviews for which were scheduled for the 27th April.

In view of this those present at the Forum had the opportunity to rank possible qualities in order of importance for this role, which FV would then use to draft the suggested interview questions.

The outcome of this deliberation was forwarded both to Forum members and the Chief Officer of the IJB on Thursday 19th April.

**Forthcoming Health & Social Care Moray annual report**

Elidh gave a call out for more good news for suggested inclusion within the forthcoming Health & Social Care Moray annual report; please get in touch with Elidh if you have any suggestions to make.

**Liaiser request**

A Liaiser request was made between the PASH strategy group ( Physical Activity Sport & Health Strategy) and the Forum. Kathryn from the Moray Sports Centre who is a member of the PASH Strategy Group requested if Quarriers would be able to connect with the Moray Sports Centre regarding the development of a Healthy Walks funding proposal development.

**Joint Strategic Needs Assessment ( JNSA) to inform the next Health & Social Care Moray strategic plan**

Elidh gave some brief feedback on this process, which is being coordinated by Chris Littlejohn, Interim Director of Public Health with NHS Grampian, and which Heidi is also involved in.

They are seeking to ensure that both qualitative as well as quantitative data will be included to ‘put flesh on the bones’ and to make the data useful for the ‘decision makers’, and that the voice of lived experience would be heard.

Elidh intends to share the Canterbury, New Zealand model of integrated Health and Social Care (Copy of Pictogram attached) with the JSNA group as a potential source of inspiration/model. In parallel with this the Forres Area Wellness Network ( FAWN) also intend to share this example with the Core Project Group currently tasked with reshaping health and social care within the Forres locality, with particular reference to the frail and elderly.

**The Journey Home, Kate Clark**

Co-founder Kate gave an outline of the aim of this new charity to improve end of life care <https://www.thejourneyhome.org.uk/>. Kate also gave a call out for support, potential partners and advice from Forum members. Advise on the Carers Act was given by Quarriers, and there was also general advice on partnership working, possible exploration of the social enterprise route, and support ‘just do it!’ from Heidi Moray Wellbeing Hub. Jan suggested linking in with the Forres Area Wellness Network ( FAWN) and the current trial of innovative working being undertaken at Varis Court in Forres. Kathryn suggested linking up with Jane Duncan Rogers who was running a similar type of project.

**Healthy Rewards Platform, Alan Whiteside**

Alan Whiteside invited forum members to get involved in co-developing a website and app to address social exclusion and community issues and opportunities in remote and rural Scottish communities by connecting people, sharing event information, local initiatives, stories, etc. and rewarding participation and volunteering. For further information please email Alan at [stonnivation@gmail.com](mailto:stonnivation@gmail.com).

**Move Forward, David Powney**

David is in the process of setting up an innovative new rehabilitative facility which will be based in rooms at Moray College UHI , adjacent to H&SC offices. This will be a private business, but David intends to set up a charitable Trust to make his service more widely accessible to those who could benefit but may not be able to afford it. The type of rehabilitative equipment which will be available is similar to that used by professional footballers, and this will be the first time that it will be available for use within Moray. There will be an open day shortly for anyone interested.

For more information please see [www.powneypf.co.uk](http://www.powneypf.co.uk)

**Future H&WB Forum meetings**

There has been a shared suggestion for a themed Forum meeting in relation to cancer from Ben Mudge, MacMillan Cancer Support and Tracy from CLAN Moray which may be scheduled to take place at the next Forum meeting on the 19th June; to be confirmed.

Beyond that looking at the possibility of the August Forum meeting to take place at Covesea Golf Course, co-hosted by Living Golf. A sub group meeting to be convened to plan each future meeting.