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**Third Sector Forum: Health and Wellbeing**

**Tuesday 20th February 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 20th February 2018**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 1  Poor | 2  OK | 3  Good | 4  Excellent |
| I feel more connected as a result of taking part  6/11 good 5/11 excellent | 0 | 0 | 54.5% | 45.5% |
| The content and pace of the event was  9/11 good 2/11 excellent | 0 | 0 | 81.8% | 18.2% |
| The facilitators’ knowledge of the subject was  3/11 good 8/11 excellent | 0 | 0 | 27.3% | 72.7% |
| How would you rate the venue for this event?  6/11 good 5/11 excellent | 0 | 0 | 54.5% | 45.5% |
| Would you recommend this event to others? 100% YES  16 people attended, not including 3 tsiMORAY staff  11 people completed feedback form  10 Third sector  5 Public Sector  1 Independent/Private | Yes 100% | | No ⭘ | |
|  |  |  |  |  |
| What went well today?  Discussion on strategy/plan  Discussion on marketplace event was lively and lots of good ideas!  Discussion groups  Handouts  Networking  Good discussion. Lots of information shared.  Sense of being on the same page – shared values and vision  Workshop activity  What changes, if any, would you have made to the event?  First speaker maybe needed more prep but we got there.  Quite warm  None | | | | |
|  |  |  |  |  |
| Following this event, are there any further events or courses you think would be helpful?  No comments received | | | | |
|  | | | | |
| Any other comments: Well done ☺ | | | | |

**NEXT MEETING**

The next meeting is scheduled for **Tuesday 17th April from 2 to 4.30pm, in The Inkwell, Elgin.**

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

**THIS MEETING (20.2.18)**

**In attendance:**

Sarah Murray, Royal Voluntary Service

Wendy Menzies, Alzheimer Scotland

Fiona Imlach, Quarriers Carer Support Service

Jean Pryde, Community Renewal

Stuart Peers, Caredata

Louise Campbell, Caredata

Chris Third, Scottish Health Council

Gosia Misiak, Scottish Health Council

Laura Sutherland, NHS Grampian

Nicole Hyslop, Moray College UHI

Anne Taylor, Moray College UHI

Tara Englemann, Quarriers Epilepsy Fieldwork Service

Heidi Tweedie, Moray Wellbeing Hub

Donna Melvin, Unique Skin Clinics

Kirsty Williams, Forres Area Community Trust ( FACT)

Chris Littlejohn, NHS Grampian

Fabio Villani, **tsi**MORAY

Elidh Brown, **tsi**MORAY

Jan MacPherson **t**siMORAY

**Apologies:**

Cllr Lorna Cresswell

Angie Neal, NHS Grampian

Franz Rolinck and Amanda St George, Living Golf

Mhairi Shepherd, Penumbra, Mental Health & Wellness Centre

Vicky Flood, Forres Area Community Trust ( FACT)

**Strategic Health Needs Assessment (to inform the renewed H & SC Moray Strategic Plan for 2019)**

Presentation: Chris Littlejohn, Interim Deputy Director of Public Health, & Head of Health Improvement, NHS Grampian.

The current Strategic Plan 2016-2019 describes how the Moray Integration Joint Board intends to improve the health and wellbeing of adults in Moray and achieve the national outcomes through the planning and delivery of integrated services. <http://hscmoray.co.uk/strategic-plan-documents.html>

A renewed three-year strategic plan is required for March 2019. A robust strategic health needs and assets assessment is vital for informing the development of the renewed strategic plan. A three-step methodology has been proposed – agree the questions, source the answers, collate the report – along with a timescale of key milestones to enable the creation of the Moray Strategic Plan 2019-2021 by March 2019.

*Health* is a complex concept and its definition remains contested.[[1]](#footnote-1) Although health is often measured in terms of death, disease and disability, it is also more than the absence of these states. Disease does not always cause illness or functional impairment, and biomedicine does not currently fully explain all illness and functional impairment. Health is a prerequisite for living, working and participating, and as such is a human right.[[2]](#footnote-2) Health is as much mental, social and spiritual as it is physical, and includes the human need for connection, meaning and purpose. These broader concerns for quality of life are often incorporated into a wider concept of *wellbeing*. Disease and illness is not an inevitable part of growing ageing. However, for an increasing number of older people, ‘health’ means living well with (or despite) one or more long-term health conditions.[[3]](#footnote-3) To be healthy is to be able to self-manage one’s health and adapt to changing circumstances to maintain functional ability. ~

~ excerpt from attached paper ‘Strategic Plan 2019- 2021, Strategic Health Needs Assessment: timeline and methodology’ ( Chris Littlejohn, NHS Grampian)

The answers to an agreed set of strategic questions, will help to provide an understanding of current assets and deficits within the population of Moray, the types of services or interventions which would be expected in light of these, and a gap analysis can then inform future commissioning and provision.

In other words, what are we currently doing to support people’s health and wellbeing, in Moray do we currently feel supported to be healthy, connected and part of the system, and if not what would be the range of resources, systems, community roles, and assets that people need, as near as possible to where they live which would then contribute to more than the sum of its parts?

Chris Littlejohn’s overview presentation was then followed by small group discussions, facilitated by Moray Wellbeing Hub and tsiMORAY to co-create a set of asset and strength based questions to form the SHNA. A summary of the outcome of these discussions will be available shortly.

In addition it was suggested that it may be useful to include data available from reports already available such as those for Vintage Teas, Planning for Real, and Spirit of Community ( Forres), and to perhaps have more in-depth conversations with people within the localities by the Community Planning Partnership.

Chris noted that he felt that this can be an ongoing conversation, and that it would be possible to look at how the H&WB Forum can play into this process more formally.

**Identification of Public Health Priorities and Reform – Brief Update**

The work to reform the public health function in Scotland has been informed by the Christie Commission which confirmed the need for public services to shift their focus more significantly towards prevention and to operate more effectively in partnership. The Public Health Review was published by the Scottish Government in February 2016.

Public Health Reform is being led by the Scottish Government and COSLA to implement the recommendations from the Public Health Review. It is intended to be a collaborative endeavour with Local and National Government and other partners, including the voluntary sector, and to exemplify the reality that public health is a shared responsibility.

The vision for Public Health Reform aims to:

* Ensure a clear and strong focus on improving health and reducing health inequalities, underpinned by national Public Health Priorities agreed across the public sector;
* Deliver effective, credible and high quality leadership both nationally and locally for public health;
* Establish a new national public health body that is recognised as the lead authority and source of expertise in relation to improving and protecting the public’s health and wellbeing;
* Enable the whole public health system to work effectively together, with a focus on applying public health data, expertise, intelligence and evidence, to develop **‘ upstream’** solutions in partnership with Local Government and the third and independent sectors;
* Establish an approach which is built upon and strengthens support for local public health activity and Community Planning Partnerships.

Feedback or comments on public health reform can be sent to [publichealthreform@gov.scot](mailto:publichealthreform@gov.scot).

**North of Scotland Health & Social Care Delivery Plan**

The Scottish Government has asked each of the three NHS regions – North, East and West – to prepare health and social care delivery plans. An initial draft plan for the North of Scotland has been prepared and was sent out with the agenda for the Forum meeting on the 20th February. (Please let us know if you would like us to re-send.)

The aim of the plan will be to identify those priorities and actions that support the partner organisations to be successful and sustainable in promoting health and wellbeing, and in the delivery of health and social care services. The North of Scotland plan needs to focus on the priorities and actions that can only be done collectively by the partners in the North, or those that are more efficiently and effectively done in partnership.

Malcolm Wright, Chief Executive of NHS Grampian, is the Regional Implementation Lead, regarding the Outline Regional Delivery Plan for Health and Social Care in the North of Scotland.

At a recent NoS Health and Social Care Regional Plan presentation by (and Q&A session with) Malcolm Wright at Moray College UHI on the 15th February, we (tsiMORAY) suggested that the Health and Wellbeing Forum, and others like it throughout the North, would be useful as a platform or platforms through which to engage the third sector in the development of the North of Scotland plan going forward, which he seemed to welcome.

Since this meeting, Fabio Villani has issued an invitation to one or more of the NoS Planning Group Directors to attend our next Forum meeting on the 17th April to speak with Forum members in more detail about the plan, in addition to the possibility of meeting with tsiMORAY Board Members. We will be able to confirm this nearer the time.

There was a brief discussion at this Forum meeting about a Pictogram used by Malcolm Wright in his presentation on the 15th February which had been developed to illustrate the integrated health and social care system developed in Canterbury, New Zealand. A copy of this Pictogram and the Kings Fund Report

‘The quest for integrated health and social care: A case study in Canterbury, New Zealand’ 2013 are attached.

**National Consultation on Social Isolation and Loneliness**

Kirsty from FACT gave an update on the Consultation Event she has registered with the Scottish Government to hold on the 12th March at FACT’s office in Forres from 2 – 4pm, and noted that all were welcome to attend.

Kirsty will be submitting a report on the consultation at FACT directly to the SG. If anyone cannot attend they can return their response to Kirsty to be included as part of the FACT response. It will only be the first three key questions within the overall consultation which will be considered on the day as per the SG toolkit.

Alternatively folk can respond to the consultation via the citizenspace portal: ([https://consult.gov.scot/equality-unit/connected-scotland](https://scotland.us4.list-manage.com/track/click?u=613ee75aea0a406549aaa938b&id=2abaa4520c&e=5651d6e975)) and if you have any further questions please email : [AConnectedScotland@gov.scot.](mailto:AConnectedScotland@gov.scot)

Fabio also confirmed that there will also be a consultation workshop on this topic as part of tsiMORAY’s Join the Dots Event on the 21st March .

**Health & Wellbeing Forum – Marketplace Opportunities**

In a general discussion on the above topic, the consensus in the room was the theme behind the wish for such an event/ events was to provide an opportunity for the Third Sector to engage with primary health and social care professionals such as GPs and other related staff as well as general public if possible.

Heidi summarised that the purpose of such a series of events was really to build networks, relationships and trust, rather than trying to sell services, and that GP Practices are spaces of integration, and of the community.

Chris Third from the Scottish Health Council noted that a similar series of events had been organised in Aberdeenshire by the Community Health in Partnerships Officers (CHIP), to help make a more effective connection between Primary Care and the Third Sector, and that he will link us up with the relevant contact person there.

It was also suggested to take the opportunity to learn from previous and upcoming events such as the following:

* Previous BID/ Moray College/Primary Care Event noted by Laura Sutherland.
* The forthcoming Mental Health Services Multi-agency ‘ Speed dating’ event on the 8th March, at Speyside High School – to find out more about what supports are available for Children, families and YP
* ‘Supporting the Professional Event’ – noted by Louise Campbell from Caredata –where short 15 minute sessions per group were set up to take place within Primary Care Staff’s personal development time – where attendance from all Nursing, Health and Admin staff was found to be good
* ‘Lunch and Learn’ event on Substance Abuse which was held at Maryhill Health Centre on a ‘round robin’ basis which was well attended and well received ( ABCD event) Asset Based Community Development

Jean Pryde noted that she felt the best way to organise such an event would be to go to Practices individually, and overall to keep it ‘short and snappy’, and perhaps to tap into existing Practice Managers meetings to begin with before detailed planning of Third Sector/ Primary Care event(s).

Laura Sutherland noted that Practice Managers, Wendy Edwards and Eileen Rae have been identified as the Leads, so would be best to contact in the first instance,

Heidi Tweedie suggested looking at PechaKucha as a potential inspiration for presentation format. <http://www.pechakucha.org/faq>

Laura also suggested considering the ‘Talking Heads’ video which was made to summarise the most recent Grampian Self Management Network meeting held in Elgin in November, as this could be a more effective way to introduce the broad range of Third Sector services, and actual people involved to the Primary Care Sector in Moray.

Elidh has followed up with Linda Duthie with regard to this, and the link to the video is as follows:

<https://www.hi-netgrampian.org/people-networks/supported-self-care-and-self-management/grampian-self-management-network/>

The suggestion had been made at the Strategic Planning and Commissioning workshop held last November that it might be possible for members of the Forum to tie in with the ‘Wellbeing on Wheels’ project, by the Moray Wellbeing Hub (funded by #YouChoose2).

This project will use the Health Promotion Bus to tour the towns of Moray with members of MWBH’s collective of Champions, connecting and empowering community members with what they need to recover their wellbeing, link in or create local resources for health, and live lives to the full.

Also perhaps tsiMORAY and/or forum members could be part of the ‘Wellbeing on Wheels’ project to scope out a future Forum series of pop-up GP practice or locality based events.

**Action :** To invite a short life working group to form to take the suggestion of a H&WB Forum/ Primary Care series of engagement events forward, to aim for the 2nd half of 2018 for outreach.

**Health & Wellbeing Forum : Discussion on possible future venues/locations for forum meetings**

The overall consensus seemed to be that for the foreseeable future that it was best to keep the location for Forum meetings at the Inkwell venue.

Other points raised were that it would be good to consider using other venues within Elgin, such as Victoria Crescent, occasionally, where Forum member organisations were based, so that the broader Forum membership could see where fellow members were located.

The final points raised were that it would perhaps make sense to synchronise any future changes of venue for the main H&WB Forum meetings with whatever may be planned for a future Forum series of GP practice based events ( as above), for visits planned by the ‘Wellbeing on Wheels’ project, and to consider linking in with local businesses and overall people and place.

**Digital and online topics**

1. The Forum agreed to go ahead with trialling the use of SLACK as a Forum workspace and to have a short overview session at our next Forum meeting if possible. Some of the benefits of SLACK are that;

* It provides a collaborative working space
* It is an easy, and free, platform to use
* It will be a more effective means to share information than an email bulletin
* It can help tsiMORAY to be more of a ‘Gateway’ rather than a ‘Gatekeeper’.

1. Alan Whiteside to be invited to our next Forum meeting to give an overview of his wellbeing app development/partnership opportunity proposal.
2. D21 update – held over to future Forum meeting

**Scotch Whisky Action Fund**

Elidh noted that this was now open for bids.<https://www.foundationscotland.org.uk/programmes/scotch-whisky-action-fund.aspx>

**IJB Third Sector Representative/Liaisor Recruitment – Update (if available)**

Several forum members registered their interest in this with tsiMORAY and through the Health and Wellbeing Forum, and have agreed if appointed to take the Third Sector Liaisor role as well as the Third Sector Representative role and to link with the forum. There are no further updates at this time

**FAWN and Reshaping Care in the Forres locality**

Please note that there will be a Co –production workshop on Wednesday 28th February 7-9pm in Forres Town Hall hosted by Health & Social Care Moray – see attached leaflet for more information.

In addition to being a member of the H&WB Forum if anyone is interested to join the Forres Area Wellness Network ( FAWN), which will now be meeting on a regular basis to discuss reshaping care in the Forres locality, and any other health and wellbeing matters please contact Jan on [jan@tsimoray.org.uk](mailto:jan@tsimoray.org.uk) -

**Future dates for Health & Wellbeing Forum meetings in 2018:**

For the meantime all meetings to continue to be held at the Inkwell in Elgin from 2 – 4.30pm:

Tuesday 20th February 2018

Tuesday 17th April 2018

Tuesday 19th June 2018

Tuesday 28th August 2018

Tuesday 30th October 2018

Tuesday 11th December 2018

1. <https://doi.org/10.3399/bjgp14X682381> [↑](#footnote-ref-1)
2. [www.who.int/about/mission/en/](http://www.who.int/about/mission/en/) [↑](#footnote-ref-2)
3. <https://doi.org/10.1136/bmj.d4163> [↑](#footnote-ref-3)