

## Third Sector Forum: Health and Wellbeing Tuesday 16<sup>th</sup> April 2019 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 these events please contact Elidh [elidh@tsimoray.org.uk](mailto:elidh@tsimoray.org.uk) or by telephone 01343 541713.

### **NEXT MEETING**

Our last meeting of the year will be held on 16<sup>th</sup> December, in the Inkwell, Elgin from 2- 4.30pm.

If you have a suggestion for an agenda item for our Forum meeting on Tuesday the 4<sup>th</sup> of June, please let us know as soon as possible.

# Health & Wellbeing Forum Meeting - 16/04/2019

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**Event:** Moray Health and Wellbeing Forum meeting

**Date:** 16.04.19

**Venue:** The Inkwel, Elgin

**Facilitator:** Elidh Brown, tsiMORAY

**Special Guests:** Pam Gowans (Chief of MIJB and Health & Social Care Moray), Tessa Brock (Global Ecovillage Network)

**Attendance:** 34 (excluding tsiMORAY team)

## **In attendance:**

Pam Gowans, **Chief of MIJB and Health & Social Care Moray**

Tessa Brock, **Global Ecovillage Network**

Fabio Villani, **tsiMORAY**

Elidh Brown, **tsiMORAY**

Pamela Fanning, **tsiMORAY**

Susan Johnston, **NHSE**

Steve MacDonald, **Quarriers**

Sandi Downing, **Quarriers**

Vivien Hendry, **Arts for Wellbeing**

Jean Pryde, **Moray Wellbeing Hub (MWB)**

Paul Johnston, **Moray Alcohol & Drugs Partnership**

Kirsty Williams, **Forres Area Community Trust (FACT)**

Sally Thompson, **Grampian Hospitals Art Trust**

Ian Menzies, **Macmillan Move Moray & RVS (Royal Voluntary Service)**

Fiona McPherson, **Health & Social Care Moray**

Donna Melvin, **Unique Skin Clinic**

Penny Hamilton, **Elgin Youth Development Group**

Heidi Tweedie, **Moray Wellbeing Hub (MWB)**

Amanda St. George, **Living Golf**

Franz Rolinck, **Living Golf**

Tessa Brock, **Global Ecovillage Network**

Lynsey Mason, **North East Sensory Services (NESS)**

David Slessor, **Circles Advocacy**

Malcolm Aldridge, **Moray HandyPerson Services**

Laura Campbell, **Moray Reach Out**

Diane Alexander, **Home Energy Scotland**

Susan Watts, **Home Energy Scotland**

Scott Meredith, **Turning Point Scotland**

Matt Hu, **Moray Wellbeing Hub**

Fiona Graham, **Forres Community Council**

Lesley Edwards, **Forres Community Council**

David Parker, **Forres Men's Shed**

Tony Hartley, **Forres Men's Shed**

Suzannah T. Weidner

Jane Duncan Rogers, **Before I Go Solutions**

## 2 – 2:15PM - Welcome

Vivian Hendry, from Arts for Wellbeing, gave a brief mention of the Scottish Mental Health Arts Festival, which they will be presenting across Moray. The theme of this year's regional festival is CONNECTED, and will be the official launch of Arts for Wellbeing, whose aim is to use creative approaches to mental health issues.

The event takes place on Saturday 4<sup>th</sup> of May between 10am – 4pm at the St Giles Church, and will feature artists, musicians, stalls and activities.

Arts for Wellbeing intend to link creative practitioners with those interested in mental wellbeing and individuals and groups who might benefit from the opportunity to participate in affordable arts activities.

A promotional leaflet of the festival was circulated amongst the forum.

## 2:15 – 3.10PM - Presentation: “Developing the way forward – Moray IJB Strategic Commissioning Plan 2019 onwards

Pam Gowans, Chief Officer of Health & Social Care Moray/Moray Integration Joint Board (MIJB), provided the forum with insight into Health & Social Care Moray (Responsible for adult care in Moray), and the new revised Moray IJB Strategic Commissioning Plan 2019 – welcoming feedback from Health and Wellbeing forum members.

Pam Gowans described being on the IJB board as a learning journey, particularly, because of the frequent changes in its membership. Pam explained the new revised strategic plan aims to prioritise the needs in Moray. As Chief Officer of MIJB, Pam embeds herself into the local community by various means, such as communicating with community councils.

Health and Social Care Moray's primary focus has been the physicality of clients due to a high proportion being frail, and having physical disabilities. Through the IJB more priority is being placed on Mental Health, with the deployment of a Mental Health Strategy.

Heidi Tweedie, also a board member of MIJB, and from the organisation Moray Wellbeing Hub, is the project lead on using link workers (Champions) into primary care – not relying on medication alone as a therapy.

The next phase of the IJB board is to continue perfecting strategic ambitions to deploy resources effectively. However, a gap in the workforce can prove this process to be somewhat challenging.

The purpose of today's forum was to hear the views of the wider constitutes. Pam Gowans proceeded to tell the forum that Health and Social Care Moray's aim is to support people to maintain wellness, and that they believe in the importance of 'home first' - maintaining an individual's independence.

Health and Social Care Moray want to start legacy planning with four community hospitals, to try and make up for the loss of hospital services in Moray. They are reconfiguring their management structure – one manager per area.

Pam, also has a responsibility at Dr Gray's, where the vision is to create a system for the needs of the people, and prevent wasted travel to other hospitals outwith the area. The current challenges remain with the paediatric ward, but hope is set on deliverance of a new model which has received positive feedback from the 'Keep Mum' campaign and the public. NHS Grampian, is also assisting with this.

Health and Social Care Moray receives 117 million, some of this is fixed to the IJB contract, and medication. 70 million is left over for services. There is a funding shortfall of 3 million - this figure is lower than previous years.

Questions to Pam were welcomed after the presentation. One question related to GP's no longer administering vaccinations, leading to a negative outcry in rural areas. This occurred as a new change in the new GP contract, in the efforts to minimise workload and stress. Pam addressed the question by informing the members that the government are holding a meeting to improve confidence in the rural areas. It may mean exceptions to remote areas.

Another question referred to the inclusion of children services in the new strategy. Pam is active in the integration council, and sees no signs of this happening in the near future. It is not the responsibility of the IJB, however, Pam does view it as a missed opportunity.

A question was asked about Pam's involvement with Dr Gray's. Pam informs the forum she has leadership role at Dr Gray's, as well as being chief of IJB, and Health and Social Care Moray - a complex arrangement she quotes. She has responsibilities for the Pathway Care (Ward 7) and outpatients.

A number of questions were raised about Health and Social Care's awareness of the third sector, and the part the third sector could play in helping the current situation of limited resources. In relation to awareness, Pam stated that they will continue to gain information from public communication, and suggested the forum as another means of connecting. Some connection does exist with Elidh and Heidi, both sitting on the IJB board. Pam, further went on to mention that more awareness of the local community is required, and that councillors will be used to gather information.

It had been suggested that some of the funds could be used to tackle the prescribing of ineffective drugs. Pam made the forum aware that it remains a difficult problem to address, along with the growing requirement of care packaging absorbing funds. GP's given limited time to make diagnosis, and distress can arise if medication is not supplied.

In further reaction to funds, Pam noted that large amounts of money did not always allow for change. The quality of care has improved, and at half the cost than the previous model.

To close, Pam told the forum the old way of thinking towards the third sector is now changing, with a greater need to work together.

**3:10 – 3:25 PM – Break & Networking**

### 3:25 – 4:15 PM – Introductions & Updates from Members

Each member of today's forum was invited to introduce themselves to the wider group, and share any updates.

Steve MacDonald, from Quarries, informed us of the organisation's tenth birthday, and the upcoming events to mark its occasion. They mentioned that there was a 56% increase in adults needing help.

Sarah Jones, from Sensadome, is awaiting to find out if she has received funding to promote wellbeing within an inflatable structure.

David Parker and Tony Hartley, from Forres Men's Shed, are holding an event, Dead Good Chats, on the 8<sup>th</sup> of May in Forres. Lynsey Mason, from NESS (North East Sensory Services), briefly mentioned a change in their opening hours - opened now Monday to Friday between 9am till 1pm. Also, discussed was the intergenerational working together, in collaboration with tsiMORAY.

Matt Hu, a 'Moray Wellbeing Champion', is having his poetry featured within the Moray Mental Health Festival.

Laura Campbell, from Moray Reach Out, referred to the spinning and upcycling project, from which they are in the process of looking for referrals. We also heard from Franz and Amanda (Living Golf) who are holding an indoor event on the 3<sup>rd</sup> of May, and Outdoor Golf course tournament on the 17<sup>th</sup> of May at Covesea Golf Course.

Also, in attendance was Diane Alexander, and her colleague from Home Energy Scotland, an organisation funded by the Scottish Government to provide free energy advice. Moray HandyPerson Services have now been in existence for 22 years, Malcolm Aldridge mentioned to the forum that this year the charity is supplying mobility aids as testers for individuals.

Donna Melvin, Unique Skin Clinics, has been a 'Moray Wellbeing Champion' for eighteen months, and is now in training to do legion surgery – to add to her array of skin services.

Heidi Tweedie, Director and Champion at Moray Wellbeing Hub (MWH), informed the group that they are advertising for part time roles, and would like those from the third sector to apply. People trained in peer support will be available from Monday to Thursday 11am to 1pm at the Moray College. Jean Pryde, also from MWH, discussed Wellbeing on Wheels.

Ian Menzies from Macmillan Move More, in collaboration with REAP, are establishing gardening groups for those who have, or had cancer. 'First Time for Everything' is a new monthly project, encouraging mature people to try out new things.

Sally Thompson, Grampian Hospitals Arts, explained to the forum about their responsibility over the artwork in local hospitals. Sally also mentioned the Art Room programme, whereby artists work together with patients to produce art.

Kirsty Williams (Older Person Co-ordinator at FACT) talked of the community transfer of the town hall, and the weekly drop ins for Forres Online. David Slessor, from Circles Advocacy, presented a new leaflet, to aid in disability hate crime.

Penny Hamilton, Youth Development Group, specified that the Community Kitchen needs utilised, and encouraged intergenerational working.

#### **4:15 – 4.30PM – Global Ecovillage Network Presentation**

Tessa Brock from the Global Ecovillage Network (GEN) gave a short presentation. The GEN is made up of Ecovillages across five regions. The GEN have created a network of Global Ecovillage ambassadors, in order to share and pass on knowledge.

Tessa informed members of the forum about the incredible opportunity to showcase projects, that provide local solutions for global issues. This could be a geographical area, an organisation, or even a forum.

The GEN, together with their delivery partners from tsiMORAY, will be holding 20, 3 hour meetings with communities, and community organisations throughout Moray until July 2019. They will be working with you to develop your organisations and/or your projects in alignment with the Moray LDS. All funded by Moray LEADER.

Email Tessa at the address below, to find out how they can support, and work with you.

[Tessa.brock@ecovillage.org](mailto:Tessa.brock@ecovillage.org)

#### **4:30PM – End of Meeting**