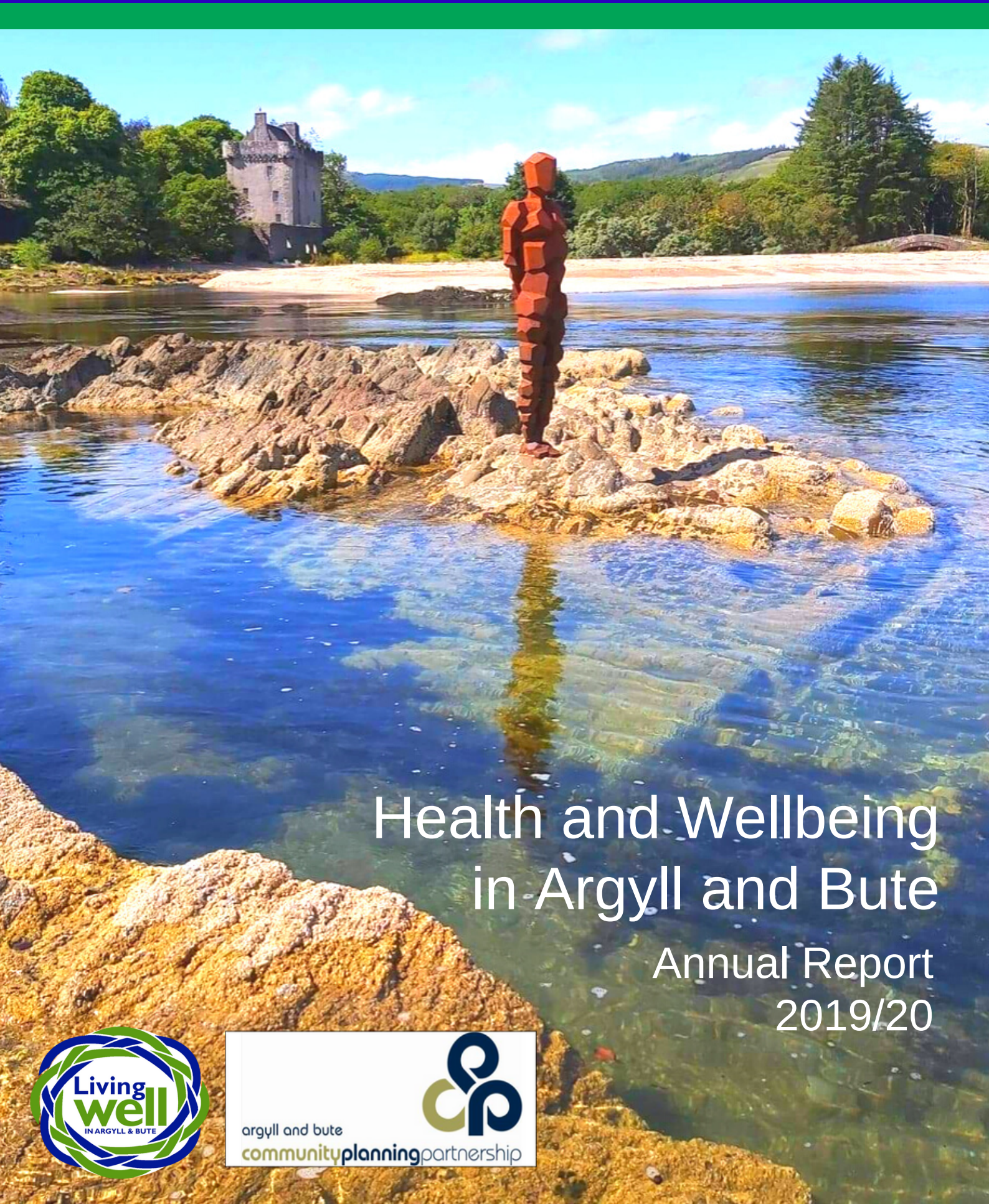


A&B HSCP | Transforming Together

Argyll & Bute Health & Social Care Partnership



Health and Wellbeing in Argyll and Bute

Annual Report
2019/20



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Introduction

I am delighted to provide an overview of the work undertaken by Argyll and Bute's Public Health team 2019/20. I was appointed to my new role of Associate Director of Public Health well into last year, and have been enjoying getting to know the new people and new environment. I am from a medical background, and having worked in Public Health for over 30 years, I am aware of the challenges we are facing and the opportunities we are trying to deliver.

Our team is nested within the Department of Public Health in NHS Highland as well as within the Argyll and Bute Health and Social Care Partnership. This position provides us a unique opportunity, as we benefit from the professional expertise of the larger Public Health team, and at the same time we actively contribute to effectively achieving the service delivery outcomes of the Partnership. Hence, it is a great privilege to work in Public Health in Argyll and Bute.

Amongst the many deliverables achieved by the Argyll and Bute Public Health team, high profile achievements include the launch of the **Living Well Strategy (2019-2024)** and **Argyll & Bute's Joint Strategic Needs Assessment (JSNA), Adults 2019**. The former started operating in earnest, but has been hindered somewhat due to the response to the Covid-19 pandemic at the beginning of 2020/21.

Progress on **Mental Health** issues (Trauma Informed Practice and Cool2Talk) and **Smoking Cessation** is well documented. Our work is underpinned by robust **Engagement** with communities and stakeholders, through different types of social and training events.

Reduction of alcohol and drug related harm is specifically dealt with by the **Argyll and Bute Alcohol and Drug Partnership (ADP)**, and our Public Health Department has the privilege and responsibility of managing the ADP.

These are just a few of the highlights of the team's work in 2019/20, with work progressing throughout this year. I encourage you to read the whole report, to capture a sense of the wide scope of work covered by the team and progress made throughout the year. There are plenty of contacts throughout for you to get in touch should you have any queries or feedback.

With warm regards,

Dr Nicola Schinaia

Associate Director of Public Health
Argyll and Bute HSCP, NHS Highland



Argyll and Bute - The Challenges

Remote and rural populations, including 23 inhabited islands
(69% of Argyll and Bute's population live in 'very remote areas')

1 in 4 of Argyll and Bute's population are of pensionable age
(joint highest of all Scottish Local Authorities)

Fuel poverty rates are high
(45% of households are fuel poor;
15% in extreme fuel poverty)

**1 in 5 of those
aged 18+ live alone**

Vulnerability due to part-time, seasonal employment industries
(e.g. 13% employed in accommodation and food service industry;
40% of all jobs are part-time)

**1 in 6 adults report
providing unpaid care**

**Lower life expectancy for males (77.9yrs)
than for females (81.8yrs)**

High prevalence of unhealthy behaviours
(>20% drink hazardous/harmful levels of alcohol, STDs increasing,
1 in 3 not physically active enough, 20% smoking, etc.)

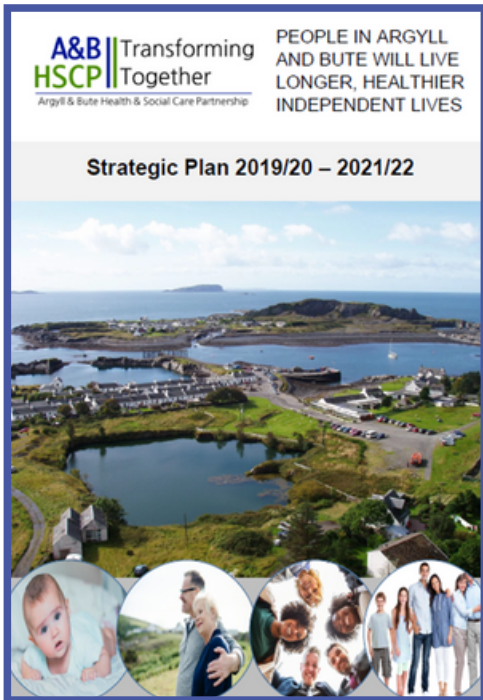
**Inequalities in health and wellbeing
between those in most deprived areas,
compared to least deprived areas**

**High prevalence of
long term conditions (LTCs)**
(1 in 3 adults have a limiting LTC)

Increasing demands on health and social care as population ages
(83% of adult social care clients are >65yrs old.
An 11% increase of 75-84yr olds & 7% increase in those aged 85yrs and over
is predicted in Argyll and Bute between 2019-2022).

Argyll and Bute - The Context

To get deeper detail on the challenges faced by Argyll & Bute, and the characteristics of Argyll and Bute's population and economy which impact on the provision of health and social care services, see the two documents below:



'Strategic Plan 2019/20 - 2021/22'

<https://bit.ly/3jf7tbM>

Appendices: <https://bit.ly/30d2jFZ>

'Argyll & Bute's Joint Strategic Needs Assessment (JSNA), Adults 2019 - Summary'

To be published in Autumn 2020 at:
<http://healthyargyllandbute.co.uk/local-information/local-area-data/>

ARGYLL & BUTE HSCP
JOINT STRATEGIC NEEDS ASSESSMENT
ADULTS 2019 - SUMMARY

The Public Bodies (Joint Working)(Scotland) Act 2014 requires Health and Social Care Partnerships to assess the needs of their populations and service users. Scottish Government Strategic Commissioning guidance states that HSCPs should produce a Joint Strategic Needs Assessment (JSNA).

Argyll and Bute (A&B) JSNA aims to identify the health and social care needs of the population of Argyll and Bute. It takes a systematic approach including consideration of the wider determinants of health and wellbeing.

Dahlgren and Whitehead (1993) model of the determinants of health (and Wellbeing)

The approach taken was that outlined by NHS National Services Scotland Information Services Division:
Part A: Current and future levels of need
Part B: Current supply of services
Part C: Gaps between need and provision of services

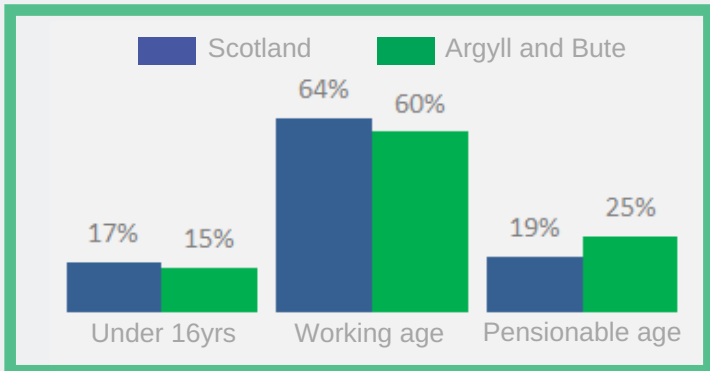
Demographics



2019 Population

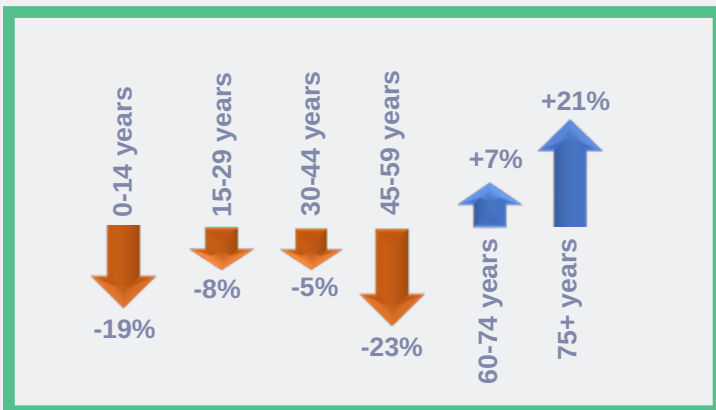
85,870

(4% less than projected in 2009)



Source: 2019 mid-year population estimates, National Records of Scotland (NRS). Pensionable age at 30 June 2019 was approximately 65 years and 146 days.

Population Projections, 2019-2029



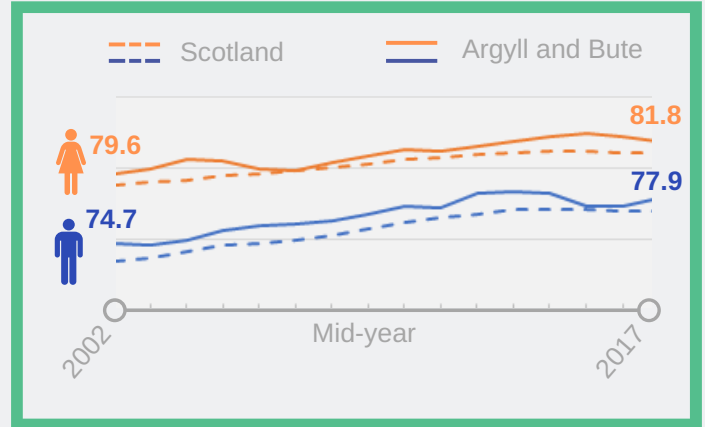
Over the next 10 years, the population is projected to decrease by 6% overall, with increases projected in the older age groups.

The decrease in the overall population contrasting with the increase in numbers of the eldest in society, represents a challenge to Argyll and Bute's developing model of care.

In addition, people report that they wish to remain in their own homes if possible.

Source: National Records of Scotland (NRS), 2018-based population projections.

Life Expectancy



Source: Scottish Public Health Observatory (3-year mid-point) life expectancy calculated from deaths over 3 years.

Life expectancy remains higher for Argyll and Bute than for Scotland as a whole, and higher for females than males. Whilst life expectancy shows signs of stalling for Scotland, the gap between male and female life expectancy has reduced slightly in Argyll and Bute in recent years.

Health Conditions

By years of life lost due to early death, the highest burden of disease is due to:

- Ischaemic heart disease
- Tracheal, bronchus, and lung cancer
- Other cancers
- Cerebrovascular disease
- Alzheimer's disease and other dementias

By years spent with disability, the highest burden of disease is due to:

- Low back and neck pain
- Depression
- Sensory conditions
- Migraine
- Anxiety Disorders

Source: ScotPHO Burden of Disease local, 2016.



Living Well Strategy

Aim:

A strategy focusing on enablement, prevention and self-management to support the population in living a healthier life in Argyll and Bute.



Highlights

* Living Well Strategy (2019-2024) launched 25th September 2019 at IJB following consultation with public, third sector and staff. **Read the Strategy at:** healthyargyllandbute.co.uk/wp-content/uploads/2019/09/Living-Well-Strategy-2019.pdf

* A one day multi-partner event held to explore a coaching model to support staff to work differently

* 4 self management reflective practice sessions were held across Argyll & Bute, delivered by The Alliance.

* Clear leadership identified and a steering group set up to drive forward the actions within the 5 year implementation plan.

Living Well Self Management Grants launched Jun19

£70K allocated to:

- Carefree coordination and planning app
- Link worker role Islay
- Outreach worker Jura
- Advocacy and exercise referrals to support self management
- Aqua cycling and all ability cycling
- Pilot online physio, via MS Centre
- Physical activity for people with type 2 diabetes with outcomes measured

Health and Wellbeing Network Review

Aim:

To review existing Health and Wellbeing Network structure for effectiveness and public awareness.



Highlights

* HWNs recognised as **an important asset**, with effective networking and partnership working opportunities, providing a gateway to creating strong links with the Third Sector and public.

* The **360 degree review** aimed to identify the advantages and limitations of this model and proposes 7 recommendations for the way forward. Read the **Summary Report published at:** healthyargyllandbute.co.uk/wp-content/uploads/2020/02/HWN-Review-Summary-Report-February-2020.pdf

* Decision taken to **rebrand** the 'Health & Wellbeing Networks' to the **'Living Well Network'** to tie in with the Living Well Strategy, which will be embedded into the remit of the Network.

Rebranding as of Feb. 2020

From:



To:



Argyll and Bute

Living Well Network, 2019/20

(LWN)



Argyll and Bute

£50,000

Health and Wellbeing
Grant Allocation

2019/20

Administered by LWNs,
managed by
Public Health Team

8

LWNs supporting
community capacity
building in health and
wellbeing across
Argyll & Bute

70

Projects
Funded

Average award
£714

Themes:

(as per [Joint Health Improvement Plan 2017-22](#))

Self Management

Increased Physical Activity

Theme 1

Getting the best
start in life

- enabling children
to develop into
healthy adults

Theme 2

Working to
ensure fairness

- addressing
health
inequalities

Theme 3

Enabling access
to community
support for
social issues

Theme 4

Focusing on
wellness not
illness - building
community capacity
for healthy living

Funding awarded for:



2019/20



Bute



Dee James

Bute LWN Co-ordinator
hwnbute@ab-rc.org.uk

Funding awarded for...

Outdoor learning for early years

Community wheelchairs

Dance

Swimming and walking activities for carers

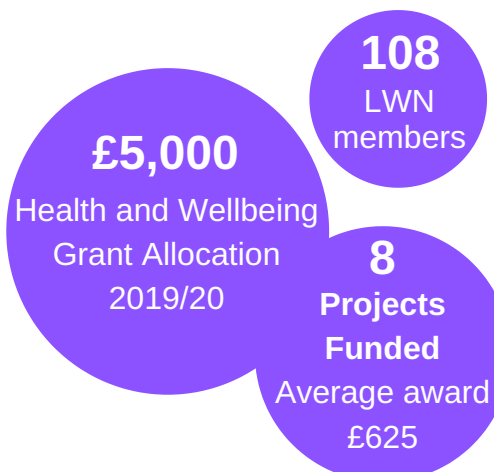
Physical activity for young people with ADHD, Autism or Aspergers

Sports week for Cubs/Scouts

Highlights 2019/20

1. Being involved with Scottish Gov't's consultation on Mental Health Services - key stakeholders gave their experiences of the service.
2. Health and wellbeing information and development day (Sept.'19) - 25 local organisations participated.
3. Acumen planning to do Talking Mental Health workshop and awareness raising session with volunteers to help CMHT clients feel able to use the Lade Centre.

Health Improvement contact: Angela Coll, angela.coll@nhs.scot



Cowal



Sharon Erskine

Cowal LWN Co-ordinator
chwn@homestartmajik.eclipse.co.uk

Funding awarded for...

Recovery and wellness groups

Activity for the elderly

Outdoor activity

Activity for carers

Health & wellbeing for early years

Highlights 2019/20

1. Adverse Childhood Experience conference - created an opportunity for conversation between groups and staff, breaking down silos.
2. A positive change in attitude towards outdoor activity and local community changes encouraging residents to access our outdoor spaces.
3. Increased opportunities and activities to reduce social isolation as well as physical wellbeing.

Health Improvement contact: Maggie Clark, maggie.clark2@nhs.scot





Oban and Lorn



**Kirsty
McLuckie**

Oban & Lorn HWN Co-ordinator
kirsty.obanyouthcafe@hotmail.co.uk

Funding awarded for...

- Early years toys
- Healthy cookery
- Walking & healthy cafe activities for disabled young people
- Women's Aid
- Men's mental health
- Various sports club kit and equipment

Highlights 2019/20

A 'Let's talk about death day' organised in the main by network member Alison Craig from Marie Curie was held in November.

About 12 organisations took part (Carers Centre, Funeral Directors, Salvation Army, Benefits Agency, etc.).

The event opened good conversations about death - a topic many shy away from.

96

LWN members

£8,500

Health and Wellbeing Grant Allocation 2019/20

11

Projects Funded

Average award £772

Health Improvement contact: Lynn Garrett, lynn.garrett3@nhs.scot



Mull, Iona, Coll, Colonsay and Tiree



**Carol
Flett**

Mull, Iona, Coll, Colonsay & Tiree LWN Co-ordinator
tcmhwn@gmail.com

Funding awarded for...

- Exercise for adults at risk of diabetes
- Community gym
- Outdoor exercise equipment
- Play park
- Fitness instructor training
- Safety equipment for coastal rowing

Highlights 2019/20

1. Isle of Tiree - Health and Wellbeing Event, May '19, incl. 9 mainland visitor organisations. (2 workshops, 2 drop-in sessions & an evening fund raising event).

2. Isle of Colonsay - Falls prevention and exercise session for adults and children, and drop-in session for public. Supported by A&B Council, North Argyll Carers Centre & Community Contacts from mainland.

140

LWN members

£4,000

Health and Wellbeing Grant Allocation 2019/20

7

Projects Funded

Average award £571

Health Improvement contact: Caroline McArthur, carolinemcarthur@nhs.scot



Helensburgh and Lomond



Audrey Baird

Helensburgh and Lomond LWN Co-ordinator
audreyabhwn@gmail.com

Funding awarded for...

Arts & crafts

H&L Youth Forum

Hors riding for the disabled

Mindfulness

Foodbank & meals for the vulnerable

Play park

Walking groups

School projects

Highlights 2019/20

1. The big highlight of the year was the huge partnership project to organise a Living Well Fest 2020 in Helensburgh, in January, that attracted 350 people to participate and nearly 50 stalls and activities. More than 100 feedback forms were completed on the day with 95% ranking the event excellent or very good.
2. The Living Well Network membership has continued to grow over the year, with approx. 20 people attending the quarterly Network meetings, with guest speakers at each.

Health Improvement contact: Sam Campbell, samantha.campbell3@nhs.scot

£10,500

Health and Wellbeing Grant Allocation 2019/20

190

LWN members

10

Projects Funded

Average award £1050



Islay and Jura



Sandra Macintyre

Islay & Jura LWN Co-ordinator
sandra.macintyre@wearewithyou.org.uk

Funding awarded for...

Archery

Children's summer activities

Falls prevention

Community Sports Hub

Youth counselling

Healthy eating

Highlights 2019/20

1. Compassionate Communities Islay Link Club conference.
2. Alcohol Behaviour Intervention Course and stalls (Viking Day Tarbert) by Drink Wise Age Well.
3. Mutual Aid Partnership Group Islay for substance issues.

Note: Addaction rebranded to 'We Are With You' Argyll & Bute Project, 26th Feb 2020.

£4,000

Health and Wellbeing Grant Allocation 2019/20

45

LWN members

5

Projects Funded

Average award £800

Health Improvement contact (as of August 2020): Rory Munro, rory.munro@nhs.scot



Kintyre



Tracy Chambers

Kintyre LWN Co-ordinator
hwnlinkclub@gmail.com

Funding awarded for...

- Advocacy
- Keep fit activities
- Reiki
- Sea sports
- Primary school activities
- Early years activities

Highlights 2019/20

1. With Police Scotland, facilitating a 'See Me Walk a Mile' event with 120 participants highlighting the need to speak openly about mental health.
2. Hosting 4 Network meetings over the year generating some excellent discussions through interesting speakers and topics.

£5,000

Health and Wellbeing Grant Allocation 2019/20

115

LWN members

6

Projects Funded

Average award £833

Health Improvement contact: **Jenny Dryden, jennifer.dryden@nhs.scot**



Mid Argyll



Antonia Baird

Mid Argyll LWN Co-ordinator
antonia.baird@argyll-bute.gov.uk

Funding awarded for...

- Swimming for girls
- Outdoor play equipment for early years
- Mental health & wellbeing support
- Bowling for all ages
- Woodland activities
- Nutritional health training
- Tai Chi for carers

Highlights 2019/20

1. Furnace Bowling Club - keeps a regular membership of 22+ active throughout the year. Social and physical exercise, regularly meeting with 80+ members of other competing teams.
2. Girls On The Move - free swimming for girls 8-18yrs. More than 50 girls attend per week. Providing regular exercise and social aspect, but also promoting improved confidence and positive body image.
3. 3 blocks of Tai Chi for carers.

£5,500

Health and Wellbeing Grant Allocation 2019/20

150

LWN members

10

Projects Funded

Average award £550

Health Improvement contact: **Laura Stephenson, laura.stephenson2@nhs.scot**

Trauma Informed Practice

Aim:

To raise awareness among all staff of the wide impact of trauma to better support and assist healing, and increase partner knowledge of how to mitigate the negative effects of trauma.



Highlights

- * **Building Resilient Communities** conference, delivered by Public Health, with aim of providing partners with valuable information and resources to support action to mitigate the negative effects of **Adverse Childhood Experiences (ACEs)**.
- * The event provided partners an opportunity to learn more about the negative effects of trauma and **how we can work together to tackle these in Argyll and Bute**.
- * **Presentations given by partners**, including NHS Highland, Social Security Scotland and Parklands School in Helensburgh.

Events



Building Resilient Communities Conference
Feb 2020



ACEs event supported on Islay

Cool2Talk

Aim:

To improve young people's access to local and national services, health information and encourage young people to openly discuss issues around their health and well being.



Highlights

- * Cool2talk is an **online support service for young people aged 12-26** where they can post a question to the website and receive a bespoke answer to their question within 24 hours, **365 days a year**.
- * The service **has now been delivered successfully for three years, with a new delivery model to be introduced at the end of March 2020**, when a Third Sector partner (MAYDS) will take on delivery of the service for the next three years.
- * **Funding was sought and secured for the next 3 years**, from a number of partner organisations ensuring the Cool2Talk service continues to empower young people in making informed decisions about their health and wellbeing. Thanks to: The Alcohol and Drugs Partnership, Public Health, Police Scotland, Scottish Fire and Rescue, HSCP Children and Families, and Argyll and Bute Education Service.



101 questions answered by Cool2Talk support workers



Who received support?

24% male; 59% female; 7% other, and 10% no info on gender

Smoking Cessation

Aim:

To reduce the prevalence of smoking in Argyll and Bute through implementation of NHS Highland's Tobacco Strategy, to support the Scottish Government aim of Scotland being smoke free by 2034.

QUIT YOUR WAY
with our support

Highlights

- * 'Quit Your Way' services providing free, specialist support to help those living and working in Argyll and Bute be smoke free.
- * Argyll and Bute's **new model** of delivering the 'Quit Your Way' services launched in January 2020.
- * **Close relationships built with Pharmacies**, encouraging partnership working to provide a seamless service to those who want to stop smoking, this means they can get their free prescriptions from their local pharmacy and specialist support from their Smoke Free Advisor.
- * Those who work in health and wellbeing related roles can access the 30 minute '**Very Brief Advice on Smoking**' training online to help trigger a quit attempt: elearning.healthscotland.com/course/view.php?id=531#section-27

QUIT

46 successfully quit smoking in Argyll and Bute with QYW



4 of Health Improvement's Smoke Free Team completed new national **Stop Smoking Specialist training**

Primary 7 Health Drama

'Smoke Free'

Aim:

To educate young people on the impact of tobacco and smoking. To equip them to remain smoke free, and grow to be a tobacco free generation by 2034.



Highlights

- * 'Smoke Free' is a **bespoke educational programme**, consisting of five lesson plans delivered to Primary 7s, with leaflets and letters for families and finishes with an interactive drama production.
- * Smoke Free is a significant part of health education with **all primary schools in Argyll and Bute engaged**.
- * In partnership with Education, an **evaluation to review the programme** took place after the 2019 programme was delivered. Feedback was overwhelmingly positive, with new ideas proposed and areas of further learning the pupils would like to pursue captured.
- * Pupils and teachers explained the 'Smoke Free' programme had **applications beyond smoking**, as the children reported learning about peer pressure, how to manage it and felt it increased their confidence.

P7 Health Drama



9 shows



979 pupils attended the P7 Drama

S3 Health Drama


'You are not alone'

Aim:

To improve young people's knowledge of services through drama and encourage them to access support.



Highlights

 The S3 Health Drama Programme '**You are not alone**' is part of NHS Highland's Tobacco Strategy Action Plan. Working in partnership with Education, the programme aims to improve young people's knowledge of services and encourage them to access support in all health issues affecting young people.

 Very positive feedback from pupils and staff.

90% ..found the Drama informative.

86% ..said they were now more aware of services.

57% ..said of all the services, they would use Cool2Talk if they needed services.

S3 Health Drama



7 schools



597 pupils completed the evaluation.

Sexual Health

Aim:


To improve sexual health knowledge and minimise risk of Sexually Transmitted Infections (STIs), including HIV, in Argyll and Bute.




Highlights

 2 Pride events supported in Bute and Oban.

 Clients supported with HIV and LGBT issues, through Waverley Care Service Level Agreement (SLA).

 Continued promotion and roll out of CCard aimed at improving access to free condoms for young people. CCard now under new contract with Waverley Care as of March 2020.

 Successful delivery of multi-agency training. Communication and supply of free condoms to all GP surgeries in Argyll and Bute.

 Sexual health clinic running well in Helensburgh and Lomond

Events



Delivery of multi agency LGBTQ+ awareness event aimed at A&B S1-S3 school children.

Health Behaviour Change

Aim:

To share effective, evidence-based tools and techniques to support people in making changes in their life to Live Well.



Highlights

- * The new **NES MAP of Behaviour Change training** programme implemented following last years review of Health Behaviour Change training.
- * A Public Health 'Health & Wellbeing Development Day' in Sep19 re-introduced health behaviour change **tools and techniques** to staff and volunteers working across Argyll and Bute.
- * 'Developing a coaching network for Argyll and Bute' development day was held in Feb20, to seek views on developing a coaching network within Argyll and Bute, to deliver person-centred care supporting people that they work with to Live Well.



3 MAP Trainers trained

MAP of Behaviour Change Training
5 courses Oct19-Mar20
46 people trained

Watch The MAP of Health Behaviour Change animation:
<https://vimeo.com/354888116>

HeartStart in Argyll & Bute

Aim:

To monitor the Service Level Agreement (SLA) with Greater Glasgow and Clyde (GG&C) to continue to deliver HeartStart in Argyll and Bute.



Highlights

- * HeartStart has been **delivering CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator) training to community groups, volunteers and schools in Argyll and Bute** (since 2008).
- * **All areas of Argyll and Bute** have had training delivered in 2019/20 by Heartstart's volunteer instructors to either community groups, secondary schools or primary 7 pupils and teachers.
- * Two examples of events held: a drop-in session in Campbeltown Town Hall where 86 people attended, and just before the COVID-19 suspension 196 pupils at Campbeltown Grammar were trained in one day.
- * **15 new volunteer instructors** trained, increasing geographical coverage, with all **82 instructors revalidated**.

HeartStart's reach in Argyll & Bute



- 2,469 people trained
- 13 community groups
- 9 secondary schools
- 33 primary schools
- 82 instructors

Screening Engagement

Aim:

To support informed participation in four of the NHS health screening programmes – breast, bowel, cervical and abdominal aortic aneurysm screening.



Providing awareness sessions to professionals, front line staff and volunteers, designed to increase screening knowledge and confidence to enable them to cascade this information to service users, helping them encourage and support increased participation in screening.

Highlights

- * **Partnership working with diverse organisations** such as learning disability nurses and Minority Ethnic Carers of People Project (MECOP)
- * **Bespoke sessions** targeted at the needs of relevant organisations, e.g.:
 - to Argyll and Bute's NHS mental health teams, third sector community mental health support services and substance misuse teams
 - to staff in centres for people with learning disabilities, including a resource list for information targeted at learning disability clients
- * A half day session given on **breast and cervical screening and cancer awareness** to women from the Gypsy/Traveller community

Screening Awareness Sessions

More than 80% of attendees had received between 30-100% new information.

Type 2 Diabetes Framework

Aim:

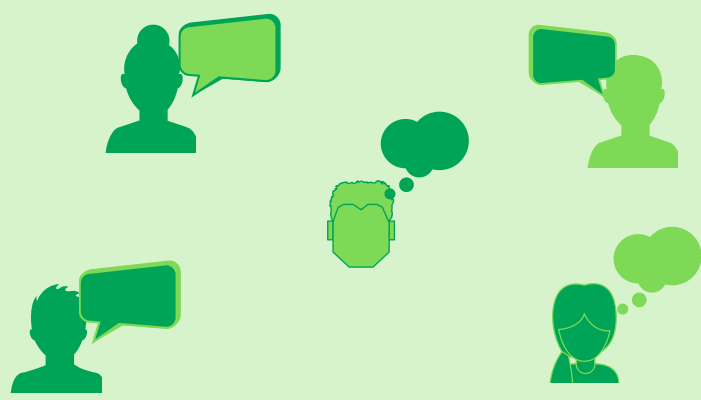
To tackle the growing prevalence of type 2 diabetes as per '[A Healthier Future – Framework for the Prevention, Early Detection and Early Intervention of type 2 diabetes](#)'.



The Scottish Government published '[A Healthier Future – Framework for the Prevention, Early Detection and Early Intervention of type 2 diabetes](#)' in July 2018. The framework provides guidance for delivery partners to tackle the growing prevalence of type 2 diabetes.




- * In preparation for delivery of the framework, a public health led a needs assessment in relation to the prevention, early detection and early intervention of type 2 diabetes in the NHS Highland area was commissioned.
- * The aim of the project was to identify the health needs and service provision for people at risk of, or diagnosed with, type 2 diabetes across NHS Highland. An underlying principle of the work was to assess the needs of people living in both the Argyll and Bute and Highland HSCP areas.
- * Recommendations from the Needs Assessment were used to form a **Type 2 Diabetes Prevention Group Action Plan**. Pathways for structured education and weight management are now in place for those with pre-diabetes, with type 2 diabetes and type 2 diabetes remission, and work is ongoing to review digital education.

Communications and Engagement





The Public Health team consolidated statutory engagement responsibilities developed in 2018-19 by leading and co-ordinating the HSCP's annual engagement plan for 2019-20.

A summary of work in this area is outlined below:

-  Provided professional advice and support to a number of services to delivery their engagement activities, for example the dementia service review.
-  Conducted a formal evaluation on routine feedback from people who use the HSCP's health and social care services. This concluded with a report with tangible recommendations to improve service feedback that will be implemented at the end of the Covid-19 activity.
-  Provided professional advice to the HSCP on the statutory responsibilities for equality and diversity impact assessment and implemented a new assessment process in-line with Argyll and Bute Council's process and accommodating the new responsibilities for Fairer Scotland (socio-economic inequality) and the islands legislation.

Conversation Cafes

-  Community **Conversation Cafes** were developed last year as one of the new community engagement approaches used across Argyll & Bute, bring together people with an interest in services and topics, to talk about services /new developments, and give people the opportunity to ask questions or give their views.
-  During 2019/20, the Public Health team facilitated **7 conversation cafes** across Argyll and Bute on **6 different topics**, attended by a total of 183 people. Unfortunately, 3 had to be cancelled - it's hoped that these can be held later in the year, (depending upon COVID-19 developments).

Conversation Cafes



7 Conversation Cafes
attended by
183 people in total

Argyll & Bute Alcohol & Drug Partnership (ADP)



AIM: To improve health in Argyll and Bute by preventing and reducing alcohol and drug use, harm and related deaths.

- * Community hubs** setup throughout Argyll and Bute to offer Job Seekers, financial support, housing and/or general advice, etc to people in the area who are in recovery.
- * A families support group** has been setup in Helensburgh - more to follow across Argyll and Bute.
- * Take home Naloxone and Naloxone training** for those at risk of overdose, their families and carers, is being provided to more people across Argyll and Bute. Argyll and Bute now have Intranasal Naloxone which will make this life saving medication easier to administer.
- * The Needle Exchange Service** continues to provide injecting equipment to reduce the harm of drug use.
- * The ADP funds local services** providing support in secondary schools, intervening at an early stage to provide support aimed at reducing the use of drugs or alcohol at present or in the future.
- * Funded training for partners** on a number of substance use topics (see training available by topic at <https://www.sdftraining.org.uk/training>).

HEAT targets

HEAT Target: '90% of clients will wait no more than 3 weeks from referral received to appropriate drug or alcohol treatment that supports their recovery.'

In 2019-20, Argyll and Bute achieved:

91.4%

HEAT Target: 'NHS Boards to sustain and embed alcohol brief interventions (ABIs) in 3 priority settings (Primary Care, A&E and ante-natal) and broaden delivery in wider settings.'





- NHS Highland target for 2019-20 = **3,088**

In 2019-20, NHS Highland delivered:

5,101 ABIs




Other work of the Public Health team

Self Management

-  The Healthy Living Partnership is made up of third sector organisations with representation from the public health team. The membership consists of Versus Arthritis, LOHO, LIVE Argyll, North Argyll Carers, TSI, MS centre, and the HSCP.
-  The partnership works together to deliver self management courses, walking groups, Tai Chi sessions and pain workshops across Argyll and Bute.
-  Last year 2019-2020 they were fortunate to receive a grant from the Alliance to support development of a new model of delivery.
-  Just before the pandemic the partnership was starting to further explore its role and how to further develop as a partnership including its links and role in delivery of the Living Well strategy.



Link Working (Social Prescribing and Signposting)

The Public Health team is leading the development of Argyll and Bute's link worker offer as part of the Scotland wide modernisation of primary care services. During 2019-20 the following was achieved:

-  Recruitment of a one year band 6 development worker in autumn 2019 to develop and commission link worker services. Appointment was delayed due to the Covid-19 emergency and the post holder will start in August 2020 (Sarah Urquhart).
-  Investment in a pilot project in Kintyre with the Third Sector Interface to scope community based approaches to link working in rural communities.
-  Embedded principles of community engagement in the wider primary care modernisation programme in-line with the HSCP's Engagement Framework.







Healthy Weight

The dietetics service leads our healthy weight activity in Argyll & Bute with additional funding from our preventative bundle budget.

-  Both adult and paediatric healthy weight prevention and intervention activity is supported with a tiered approach to weight management services including prevention and self management programmes, in addition to intervention programmes offered in both group and individual settings.
-  Developing digital resources is a focus for new development with the aim to improving accessibility, and maximising reach.

Community Planning

All four area Community Planning Groups have a Public Health representative on their group, as does the Community Planning Partnership management committee.

-  Alison McGrory is the lead for Outcome 5 in the Community Plan - 'People lead active, healthier and more independent lives'. The Community Plan can be found at <https://www.argyll-bute.gov.uk/council-and-government/community-planning-partnership>.
-  A comprehensive review was carried out and as part of that review three priority areas were identified to give more focus to outcome 5:
 -  Branding and promotion of Argyll and Bute's natural assets (in order to increase physical activity levels);
 -  Valuing the environment and the benefits of the environment to people living in Argyll and Bute (in order to link to the CPP agenda to address climate change);
 -  Promote the self-management of long term health conditions.
-  Further details on the review can be found at <http://healthyargyllandbute.co.uk/review-of-the-partnership-approach-to-health-and-wellbeing-in-argyll-and-bute/>

Data Analysis for Strategic Priorities

Public Health data is routinely requested to support strategic priorities and planning, with an evidence based approach embedded throughout the Public Health team's work. A comprehensive needs assessment for adults was carried out in 2019/20, with another focusing on children and families planned in 2020/21.

Argyll and Bute's Public Health Team



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Health Improvement
Team

Public Health
Information (PHI) Team

Alcohol and Drug
Partnership (ADP)

Health Improvement Team

Alison McGrory

Health Improvement Principal

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Health Improvement Team continued...

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The Health Improvement Team's presence online,
(including data published by the Public Health Information Team):

 healthyargyllandbute.co.uk

 [@HealthyArgyllandBute](https://www.facebook.com/HealthyArgyllandBute) ([facebook.com/HealthyArgyllandBute](https://www.facebook.com/HealthyArgyllandBute))

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Alcohol & Drug Partnership (ADP) Team

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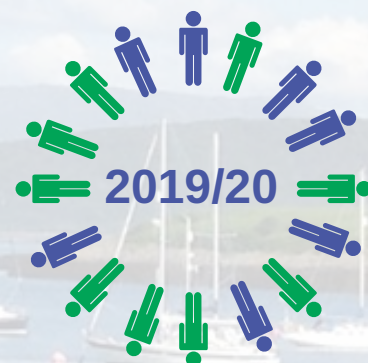
The ADP's presence online:

 argyllandbuteadp.info

 [@ArgyllandButeADP](https://www.facebook.com/ArgyllandButeADP) ([facebook.com/ArgyllandButeADP](https://www.facebook.com/ArgyllandButeADP))

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Key: FTE - full-time equivalent.

Note: NHS Highland email addresses change from '@nhs.net' to '@nhs.scot' at end of Aug20.

Argyll and Bute Public Health Workplan 2020/21

Adverse Childhood Experiences (ACEs) Movement	Development of Link Working Model	Diabetes Framework	Health Profiling	COVID-19 Response & Recovery	Equalities and EQIA Support
Child Poverty	Increasing Uptake of National Screening Programmes	COVID-19 Inequalities	Support of 8 Living Well Networks (LWNs)	Living Well Strategy Implementation	Health Protection
Suicide Prevention	Tobacco Strategy / 'Smoke Free' Service	Workforce Development (Health Behaviour Change)	Community Engagement (Conversation Cafes, etc.)	Commission Self Management from Third Sector	Alcohol & Drug Partnership (ADP) Oversight & Support
Community Planning	Violence Against Women	Community Capacity Building	COVID-19 Economic Recovery & Employability	Emotional Wellbeing	Increasing Physical Activity
Monthly Virtual Education Sessions	Annual Report	Caring for People (CfP) Helpline Development & Evaluation	Support Implementation of British Sign Language (BSL) Action Plan	Living Well Grant Allocation & Monitoring	Sexual Health
Data Analysis	Income Maximisation	Effective Partnership Working	Alcohol & Drug Partnership (ADP) Data & Reporting	Healthy Argyll and Bute Website & Facebook Page	Supporting LPGs with Health Improvement
Alcohol & Drug Partnership (ADP) Capacity Building	Health and Wellbeing Development Days	COVID-19 Test & Protect Support	Health Awareness Campaigns	Equality Outcome Framework Measures	Mental Health Training

Note: Topics presented in no particular order.

Black ink indicates topics added to those already included in the Public Health workplan for 2019/20.