



BUTE & COWAL LIVING WELL NETWORKS NEWS BULLETIN 27th January 2023



Dear All,

Welcome to our latest newsletter and the very first one (of many) of 2023.



News & Updates
Network Meetings



Here’s a reminder of the dates of the next meetings. All meetings take place 10.00-12.30.

- Bute** Tuesday 28th February 2023
- Cowal** Wednesday 1st March 2023

Please see below the dates of the meetings for the next year 😊

Bute	Cowal
16 th May 2023	24 th May 2023
12 th September 2023	20 th September 2023
22 nd November 2023	28 th November 2023
28 th February 2024	5 th March 2024

COVID-19
Winter Vaccines

COVID-19 is still with us and flu cases are rising, so if you are eligible it’s important to get your winter vaccines. Book an appointment online or find out about drop-in arrangements in your local area. For children under 12 call 0800 030 8013. Visit nhsinform.scot/wintervaccines.



Argyll & Bute, Health and Social Care Partnership



Families Outside



The Families Outside support and information helpline provides support and independent information for families whose loved ones are in prison. Phone: 0800 254 0088 Mon to Fri 9.00 am – 5.00 pm

Argyll and Bute Health, Wellbeing and Prevention Survey Now Open

We are keen to hear What Matters To You concerning your Health and Wellbeing. We believe that information, support, and advice services are better if designed by the people who use them. This survey is open to everyone within Argyll and Bute. We would particularly

like to hear from people affected by cancer and those with long-term health conditions. We invite you to share your experience and have your voice heard.

To find out more please use the survey link: <https://www.smartsurvey.co.uk/s/AandBSurvey/>

The survey will close at 9am on the 28th February 2023. Please see the attached information for full details.

Volunteer community members wanted for Locality Planning Groups

Are you interested in how your health and social care services are planned and delivered? Are you looking to develop your skills and take on a new challenge in 2023?

The Health and Social care partnership is looking for volunteer community members for our locality planning Groups.

Please see the flyer for details on how to get in touch to let us know you are interested. We have also attached a flyer for your ease of access. Our recruitment deadline is February 17th 2023. hscpcommunication@argyll-bute.gov.uk

HSCP

VOLUNTEERING OPPORTUNITY
LOCALITY PLANNING GROUPS

Are you interested in how your local health and social care services are planned and delivered? Are you looking to develop your skills and take on a new challenge in 2023?

The Health and Social Care Partnership is looking for volunteer community members for our Locality Planning Groups. We have four groups across Argyll & Bute representing the following areas:

- BUTE AND COWAL
- HELENSBURGH AND LOMOND
- OBAN, LORN AND ISLES
- MID ARGYLL KINTYRE AND ISLANDS

WHAT DO I NEED?

- An understanding and familiarity of Argyll & Bute local area
- An interest and enthusiasm for being involved in developing your local services
- Ability to commit to regular Locality Planning Meetings (4 per year) for approximately 1-2 hours per meeting (this is usually online but expenses are available if you need to travel to an in-person meeting)
- Have an email address and access to a smartphone or computer

WHAT ARE LOCALITY PLANNING GROUPS AND WHO WILL BE THERE?

A Locality Planning Group is made up of community members, carers, staff from third and independent sectors, community-based groups who work together for the benefit of the community in which they live and staff from the health and social care partnership.

The role of the group is to share and provide local information to help shape services in each of these different areas where it is needed.

WHAT SUPPORT IS AVAILABLE?

We would welcome anyone who has a genuine interest in the development and delivery of services in their area. We are happy to meet with you to find out what individual support you might need to help you participate.

Meetings are usually online and we can provide training. If meetings are in person we will provide volunteer travel expenses.

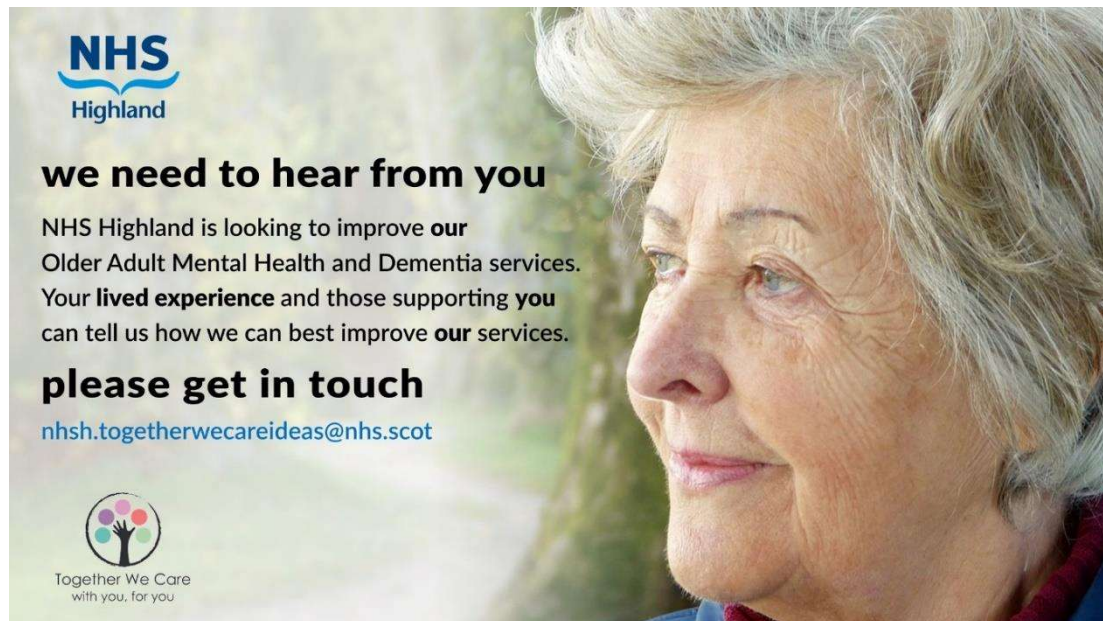
IS THIS FOR ME? YES!

Please email us at the address below with what area you would be interested in and we would love to speak with you.

hscpcommunication@argyll-bute.gov.uk

NHS Highland

We need to hear from you!




NHS
Highland

we need to hear from you

NHS Highland is looking to improve **our** Older Adult Mental Health and Dementia services. Your **lived experience** and those supporting **you** can tell us how we can best improve **our** services.

please get in touch

nhsh.togetherwecareideas@nhs.scot


Together We Care
with you, for you

NHS Highland is looking to improve our Older Adult Mental Health and Dementia services. Your lived experience and those supporting you can tell us how we can best improve our services.

Please get in touch at nhsh.togetherwecareideas@nhs.scot

Police Scotland - Argyll & West Dunbartonshire Division



Domestic Abuse

Every 9 minutes the Police are called to an incident of domestic abuse.

If you see or hear anything that makes you worried for a friend, relative or neighbour you can contact the Police, confidentially, to share your concerns.

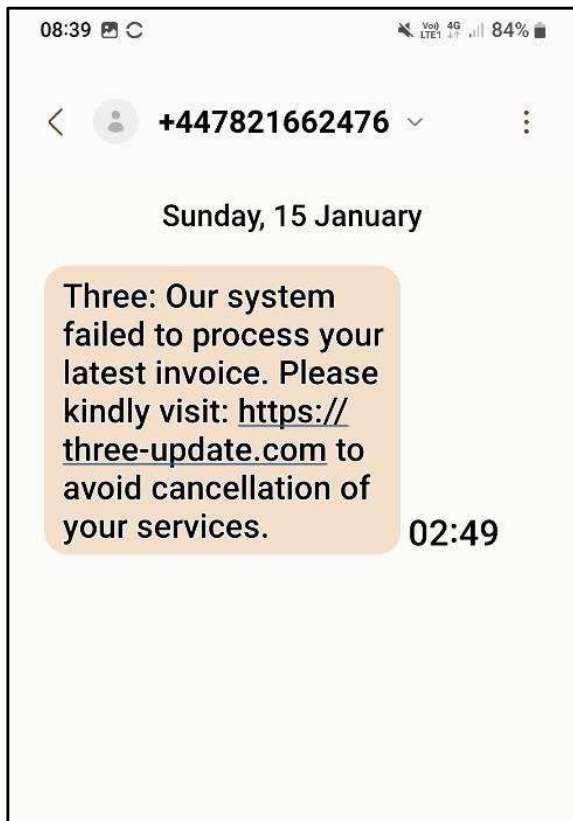
For more info visit  <http://ow.ly/O5Qx50Mtxmf>

Text Message Scam



Domestic abuse is everybody's business.

#ReportDomesticAbuse



This is another scam happening commonly in our area. You receive a text message that appears to be from a mobile phone provider, saying your payment hasn't been processed. It will provide you with a link to click for more info or to make payment.

This is scam.

We would advise you not to click on any link in messages or emails as you never really know where that link is taking you. It will normally be designed to look genuine.

In the [#PledgeToStopScams](#) we would ask you share this with friends and family to help protect them from scams.

Dating Scams

Dating online is now one of the most popular ways for new couples to meet.

Unfortunately, among the genuine profiles are fake profiles set up by fraudsters.

They are after your money, not your love.

They are masters of manipulating your good nature and emotions to steal your money.

- ♥ Keep all communications on the dating website or app you are using.
- ♥ Do your research on the person.
- ♥ Can you confirm what they tell you about themselves, such as where they work or live?
- ♥ Don't send money or provide bank details to anyone you meet online, no matter what reason they give you.

Remember, if it looks too good to be true, it probably is.

Alcohol and Drugs Partnership News





Drug Deaths Taskforce Response: A Cross Government Approach

The Scottish Government published 'Drug Deaths Taskforce Response: A Cross Government Approach' on 12th January 2023. Please follow the link to view.

<https://www.gov.scot/publications/drug-deaths-taskforce-response-cross-government->

[approach/pages/2/?fbclid=IwAR2dg55orIkEzM3CwykbbD3M4fuoO1wjZFkjShpwKz16FH_snEk1yQrbsQk](https://www.gov.scot/publications/drug-deaths-taskforce-response-cross-government-approach/pages/2/?fbclid=IwAR2dg55orIkEzM3CwykbbD3M4fuoO1wjZFkjShpwKz16FH_snEk1yQrbsQk)

Highland Overdose Prevention and Engagement (HOPE) app



The Highland Overdose Prevention and Engagement (HOPE) app was created with input from people with lived experience and a range of experts from NHS Highland and beyond.

The HOPE app is a source of information for people with drug and or alcohol problems, as well as their families or friends, which helps prevent overdose and encourages engagement with services that can help.

It contains information on what to do in an emergency overdose situation for both depressant and stimulant drugs. Harm reduction information and details on how to contact a range of support services are also available on the app.

The HOPE app is a collaborative project involving Highland Alcohol and Drugs Partnership (HADP), NHS Highland Public Health, Health Improvement, Highland Alcohol and Drug Advice and Support Service (HADASS) and Scottish Families Affected by Alcohol and Drugs (SFAD), who are all members of the Highland Drug Related Death Prevention Group. The content of the app was developed with input from a range of experts, including the aforementioned teams, plus HMP Inverness and Crew. This link will take you to the app: <https://play.google.com/store/apps/details?id=com.faffdigital.hoper>

ARC – Addictions Recovery Café & Cowal Hub

The ARC and Cowal Hub will be opening very soon, watch this space for updates...



Young Carers Action Day 2023

Please save this important date, the theme for 2023 is **Make Time for Young Carers**. Please find attached posters with more information – please share widely. For more



SAVE THE DATE!
YCAD 2023
will be on
15 March

CARERS TRUST

ACHA Winter Warm Packs



ACHA have warm packs available for tenants in need this winter. The warm packs will include; socks, gloves, a blanket, an insulated mug and a hot water bottle. There will also be some soup and information on where further help is available included in the packs. The warm packs have been funded through grant funding and donations from some of ACHA's suppliers.

If you are in need of a warm pack they can be requested from any of ACHA's offices.

ALlenergy



Winter Appeal for help ✨

Are you able to donate some of your energy rebate this month to help vulnerable people in your community stay warm this winter?

If you can help, follow the link below and together we can prevent those less fortunate from facing a winter without heat, light and power.

<http://ow.ly/9YwL50LCKjm>

ABRC Helpline Information



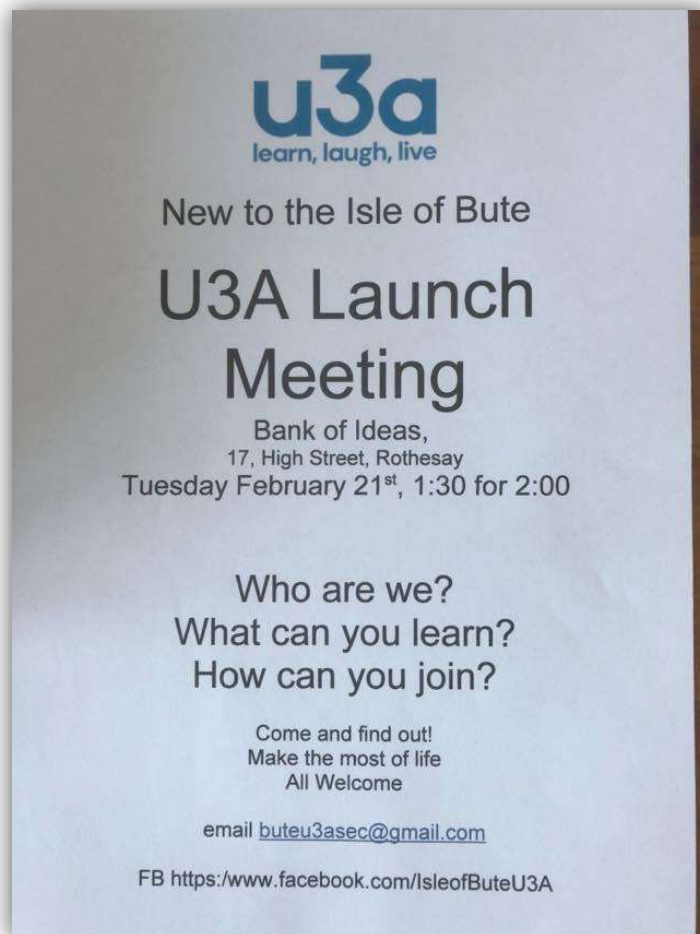
Freezing is a normal response to trauma.

Usually we hear about fight or flight responses when we're in dangerous situations - but freeze (as well as flop and fawn) is a perfectly normal response as well. If you didn't move, fight back or cry out for help, that doesn't mean you wanted it. Freezing is a normal response to trauma.



Bute News

The Isle of Bute has a new u3a group. u3a is a UK-wide movement of locally-run interest groups that provide a wide range of opportunities to come together to learn for fun. Members explore new ideas, skills and activities together. They will soon be announcing our launch meeting details where you can find out what we have to offer.



Cowal News

Dunoon Foodbank - New Premises & Volunteer Get-together



Dunoon Foodbank has moved to Kirk Street, Dunoon, PA23 7DP

New premises - new facilities

From Tuesday 24th January 1-4pm:

Warm Space with access to Pool table, bar football, tv, games and refreshments in main hall

Craft and chat, knit and natter for all levels of expertise in activity room

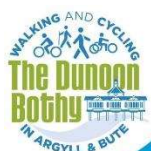
Open to all the family

Volunteer get together

We would like to hold a get together for all existing and potentially new interested volunteers on Wednesday 8th February from 4-6pm at our new premises in Kirk street, PA23 7DP.

An opportunity to discuss existing and proposed additional services with refreshments. Please message to book your place or call Anne on 07776015956 to discuss further

Dunoon Bothy



The Dunoon Bothy Better Biking



Need help figuring out what you don't know?

We all have blind spot's, sometimes what we need is a coach to make us conscious of them.

Better biking sessions help you achieve the national standards, but is tailored to your individual needs.

For more information contact Rhyddian on 07385413626

Or Email rhyddian.knight@cyclingsuk.org



Consultations

Argyll and Bute Community Planning Partnership

**Improving lives in
Argyll and Bute
Tell us your top
3 priorities**

Complete the survey online
using this link or scan the QR code.
<https://tinyurl.com/3yf3xe8j>



If you would like a paper copy please contact us on
01436 658 812 or cppadmin@argyll-bute.gov.uk

The Community Planning Partnership consultation to help identify priorities for the next 10-year Outcomes Improvement Plan was launched last month. We want to know what people who live in Argyll and Bute think we should focus on to help improve lives in our area.

You are welcome to share the below survey link and QR code and attached poster via your social media or through newsletters and emails and we would be grateful if you could retweet our [latest post](#) @abcommplanning

The survey can be completed online here: <https://www.argyll-bute.gov.uk/forms/improving-lives-argyll-and-bute>

It can also be accessed via this QR Code:



Access to information rights in Scotland



Scottish Government
Riaghaltas na h-Alba

The public and organisations are being asked to give their views on improving access to information about public services.

The Access to Information Rights in Scotland consultation aims to gather views and evidence on what information rights should look like.

This includes whether additional third sector bodies and private businesses should be brought within the scope of existing freedom of information (FOI) legislation, if they carry out

work for the public sector or receive public funds, as well as what information should be published proactively by Government and public services.

The consultation also looks at whether guidance on the use of different technology platforms should be introduced.

[Full details](#)

The deadline for responses is Tue, 14 Mar 2023

Health Awareness

Are you concerned about Strep A or scarlet fever?

NHS inform has lots of advice on symptoms, treatments and when to seek medical advice.

Treat at home

If your child has a:

- sore throat
- headache

Cold and flu symptoms are very common at this time of year, especially in children.

These symptoms can be treated at home by keeping your child hydrated and with paracetamol.

Contact your GP or call 111

If your child:

- is feeding/eating much less
- shows signs of dehydration such as a dry nappy/not passed urine for 12 hours, has sunken eyes or is drowsy
- is under 3 months and has a temperature of 38°C
- is older than 3 months and has a temperature of 39°C or higher
- is very tired or irritable

Phone 999 or go to A&E

If your child:

- is having difficulty breathing
- pauses when they breathe
- skin, tongue or lips are blue
- is floppy and will not wake up or stay awake

For more information visit:

nhsinform.scot/strepA

Training

First Aid for Youth Mental Health Training

This course is funded by the Argyll and Bute Public Health Team and is delivered by Environmental Health CIC, a lived experience led mental health and wellbeing social enterprise. Please read the details on Eventbrite and only register if you are able to attend all sessions.

Who should register to attend: HSCP, education and third sector staff or volunteers working with young people in Argyll and Bute.

SQA Accredited First Aid for Youth Mental Health Training. Limited places available - book your place now!

Follow this link to book your place on the February cohort

<https://www.eventbrite.co.uk/.../first-aid-for-youth...>

Money Counts Level 1

Please find attached the flyer for Money Counts Level 1 awareness sessions.

Money Counts Level 1 may be of interest to any colleagues who do not have confidence or experience with talking to clients about money issues but would like to gain some skills. Given the current cost of living crisis, it is important to be able to offer support at any opportunity. The sessions are only 45 minutes and are free. They are delivered through Turas and information on how to register with Turas and book is through the links on the flyer.

They are available to anyone in A&B, not just NHS staff - please share far and wide

Funding News

Family Fund



With families in Scotland raising disabled and seriously ill children amongst some of the hardest hit by cost-of-living price rises, we're letting you know the essential grant support provided by Family Fund can be applied for now.

Grants are STILL AVAILABLE for parents or carers on a low-income raising disabled, or seriously ill children, up to the age of 18- to help ease pressures caused by the rise in the cost-of-living this winter.

Family Fund supports families with essential grants ranging from clothing and bedding, white goods, furniture and appliances to sensory and play equipment and digital devices.

Apply for your grant using this link:

<https://www.familyfund.org.uk/grants-apply>

Barcapel Foundation

The Barcapel Foundation has been supporting charitable work and endeavours in Scotland for over 40 years.

The three priority areas of interest for funding are:

1. [Health](#) - all areas of medicine and healing are supported by the foundation, with a particular interest in complementary and alternative therapies.
2. [Heritage](#) – the foundation is committed to preserving and protecting our artistic and cultural heritage, especially with reference to the built environment.
3. [Youth](#) - the foundation supports all areas of development for young people especially those from socially disadvantaged backgrounds.

The next deadline for applications is 3 April 2023.

Contact Barcapel Foundation: Tel 01475 521616

The National Lottery Community Fund - Awards for All

National Lottery Awards for All is a quick and more straightforward way to get between £300 and £10,000 to support what matters to people and communities.

You can apply to National Lottery Awards for All Scotland if you are a voluntary or community group, a registered charity, a sport club, a not-for-profit company or Community Interest Company, a social enterprise, a school or a statutory body.

Funding is available for a wide range of projects which involve bringing people together, improving local spaces and places, or enabling more people to fulfil their potential. Groups applying should show the involvement of their community in the planning and delivery of the work they need funding for.

National Lottery Awards for All Scotland is a partnership between the National Lottery Community Fund and sportscotland.

Please note that this fund is unable to fund or support individuals. There are no deadlines and applications can be made at any time.

National Lottery Awards for All funding is also available to help Scotland's communities mark the upcoming Coronation of His Majesty The King on Saturday 6th May 2023.

Contact The National Lottery Community Fund: Tel 0300 123 7110

[e-mail](#)

[Website](#)

Links to other Funding Bulletins

Please see below links to the TSI and the Council funding bulletins – there are a huge range of opportunities within these...

<https://www.argyll-bute.gov.uk/community-life-and-leisure/grants-and-funding>

<https://www.argylltsi.org/grants--funding.html>
