

# Health and Wellbeing in Argyll and Bute

## Annual Report 2021/22



Public  
Health  
Intelligence



 [www.ablivingwell.org](http://www.ablivingwell.org)



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# INTRODUCTION

Welcome to the annual report of the Public Health Team in Argyll and Bute, for 2021/22, highlighting the work in promoting healthy living and enabling the people of Argyll and Bute to have better health and wellbeing outcomes.

Last year we had to balance the ongoing response to the Covid-19 pandemic as well as our core public health function. The team was a readily available resource in the pandemic response, in particular, delivering on Covid-19 testing programmes for the whole of the NHS Highland area and supporting the vaccination programme and business continuity/emergency planning.

Our planned focus on social mitigation, pandemic recovery and mental health improvement, is never more necessary with the cost of living crisis we now face, which will undoubtedly have a negative impact on health and wellbeing.

NHS Highland's **Social Mitigation Strategy** (May 2021) provides a framework for both the cost of living impact and recovery from the pandemic that will guide our renewed focus on income maximisation and poverty, equalities impact assessment, and mental health improvement, targeting those most in need in our portfolio of work in 2022.

The **Community Links Worker programme** was launched in Argyll and Bute in early 2022. A key element of modernising General Practice in Scotland, we are delighted to be working in partnership with We Are With You to deliver link working in targeted GP practices, supporting people experiencing problems like debt, relationship difficulties, caring responsibilities and loneliness, etc.

Looking forward, our work will continue to align with **The Alcohol and Drug Strategy**; **The Living Well Strategy**; and **The Health and Social Care Partnership Joint Strategic Plan and Commissioning Strategy**, working as closely as possible with our local communities and a return to face-to-face working.

In June 2022 the team said **thank you and farewell to Dr Nicola Schinaia** who led the team since November 2019. He has just moved up the road to Inverness, so we will keep in touch.

Lastly, please have a look at our new website ([ablivingwell.org](http://ablivingwell.org)) with a refreshed brand and focus on **Living Well in Argyll and Bute**, where you can keep up to date with all our news.

With warm regards,

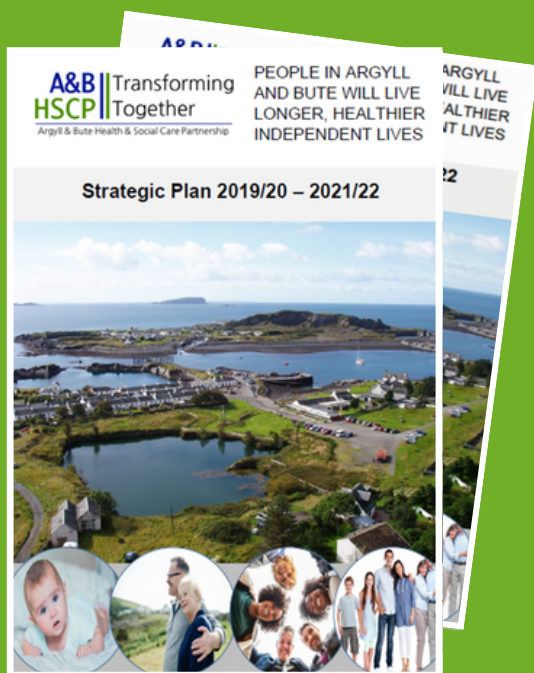


*Alison McGroary*

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

# ARGYLL AND BUTE - THE CONTEXT

To get a deeper insight into the current and pre-existing challenges faced by Argyll & Bute (even before COVID-19), and the characteristics of Argyll and Bute's population and economy which impact on the provision of health and social care services, see the documents below for detail:



## Strategic Plan 2019/20 - 2021/22

[bit.ly/ABHSCPStrategicPlan2019-22](http://bit.ly/ABHSCPStrategicPlan2019-22)

### Appendices:

[bit.ly/StrategicPlanAppendices](http://bit.ly/StrategicPlanAppendices)

# LOOKING FORWARD...



## Strategic Plan 2022-2025

[bit.ly/JSP-ABHSCP-2022-25](http://bit.ly/JSP-ABHSCP-2022-25)

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The Argyll and Bute Joint Strategic Needs Assessment (JSNA) included in this document provides detail on; Demographics, Life Circumstances; Health and Wellbeing Status of the population, Challenges Faced, etc.

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# LIVING WELL STRATEGY

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



## ALIGNS TO 4 THEMES OF THE HSCP STRATEGY

### The Living Well Strategy

was launched 25th September 2019 at the IJB, following consultation with the Third Sector public and staff. It further develops the intentions of the Joint Health Improvement Plan (JHIP) to support people experiencing long term health conditions and to help reduce their occurrence.

The **Living Well Implementation Plan** aligns to the HSCP strategic intentions under four themes.

### The four themes:

- ★ **PEOPLE** - enabling and informing to ensure healthy living and self-management of long-term health conditions.
- ★ **COMMUNITY** - joined up approaches to support for health living within communities.
- ★ **LEADERSHIP** - high level commitment within the HSCP to ensure investment in prevention of health and social care problems.
- ★ **WORKFORCE** - supporting and educating frontline health and social care professionals to anticipate and prevent problems before they arise.

## £46K IN LIVING WELL SELF-MANAGEMENT GRANTS

Awarded to Third Sector Organisations in 2021-22 to promote priorities of:

- ★ **EMOTIONAL AND MENTAL WELLBEING**
- ★ **ACCESS TO INFORMATION AND SUPPORT**
- ★ **PHYSICAL ACTIVITY**
- ★ **HEALTHY WEIGHT**

The following types of activities were funded by these self-management grants:

- ★ **Mindfulness for carers**
- ★ **Outdoor walk and talks**
- ★ **Mental wellbeing for veterans**
- ★ **Outdoor activity sessions to renew contacts with nature and each other after the prolonged isolation of Covid-19.**
- ★ **Physical activity projects**

## ARGYLL AND BUTE LIVING WELL MID-STRATEGY REPORT (2019-22)

Read the latest detail on the achievements of the first 2 years of the Living Well Strategy (2019-21), at [bit.ly/Living-Well-Strategy-Mid-Strategy-Report](https://bit.ly/Living-Well-Strategy-Mid-Strategy-Report), (or click the image on the right hand side).

The Living Well Mid-strategy Report also includes an outline of future priorities and strategic direction for the remaining 3 years of the Living Well Strategy.



# LIVING WELL NETWORKS (LWN)

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

## 8 Living Well Networks (LWN) across Argyll and Bute



**Argyll and Bute**



## Developing local partnership working and planning for health improvement activity

The LWNs are for people with an interest in building healthy communities. They provide an opportunity for people to come together to find out what issues matter to local communities; to plan activities and events together; and to network with individuals, services and organisations with an interest in improving health. The networks have allocated co-ordination time (about 1 day per week) funded by the Argyll and Bute Public Health Team.

## LWN Priorities in Argyll and Bute, 2021/22:

In developing their workplan for 2021/22, with the impact of the Covid-19 pandemic as a backdrop, the Living Well Networks were asked to identify local priorities for activities. Each LWN could choose 3 key priorities:

- ★ 1 from the Living Well Strategy action plan;
- ★ 1 from the Argyll and Bute ADP Strategy; and
- ★ 1 of the Networks own choice based upon the Public Health team's workplan.



**Bute and Cowal LWN Co-ordinator:**

- Dee James**
- [hwnbute@ab-rc.org.uk](mailto:hwnbute@ab-rc.org.uk)  
[livingwellcowal@ab-rc.org.uk](mailto:livingwellcowal@ab-rc.org.uk)
- 07384463473**
- [facebook.com/ButeHWN](https://www.facebook.com/ButeHWN)  
[facebook.com/CowalLWN](https://www.facebook.com/CowalLWN)

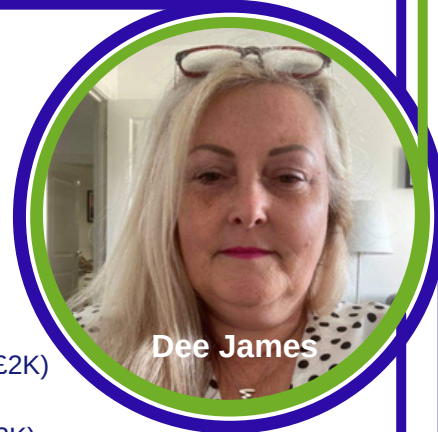


## BUTE LWN

**103** LWN members

### Highlights 2021/22

- ADP grant funding** has been awarded to directly impact the ADP priorities:
  1. **Rothesay Academy Hub** to carry out the scoping exercise with young people (£2K)
  2. Audrey Forrest to deliver the **WRAP training** (£1K)
  3. Lomond and Argyll Advocacy Service to facilitate a **recovery walking group** (£2K)
- Collaborating as an entire Network to develop the local action plan which resulted in agreeing to work across 6 priority areas.
- 6 meetings per year now, increased to accommodate the number of speakers wishing to present.
- Seeing the links and connections develop within meetings and getting the feedback from attendees.



Dee James

The **Smile4life** initiative was promoted by the Oral Health team at Bute LWN which led to CarrGomm, the Department of Work and Pensions (DWP) and Community Learning signposting service users. Oral care items were then given to Food Banks. Oral Health have pledged support to the Cowal Hub facilitating regular 'drop in' sessions and delivering awareness and information workshops.

### Highlights 2021/22

- ADP grant funding** has been awarded to directly impact the ADP priority:
  1. **Cowal Hub Arc Recovery Café** (£4K)
  2. Audrey Forrest to deliver the **WRAP training** locally (£1K)
- The Network's involvement in the development of the Cowal Hub which will have significant health and wellbeing benefits for the community.
- Collaborating as an entire Network to develop the local action plan which resulted in agreeing to work on 7 priority areas.

## COWAL LWN

**90** LWN members

The Cowal LWN Coordinator supported the development of the Cowal Hub in Dunoon in partnership with the Alcohol and Drug Partnership (ADP) and Argyll and Bute's Rape Crisis (ABRC). This is a community asset which will provide local services for people who use drugs and their families including a Recovery Café, 'drop in' support with other agencies, training, Creative Therapies Group Work Programme and outdoor activities and social options for people to reduce isolation.

# HELENSBURGH AND LOMOND LWN



Helensburgh and Lomond LWN Co-ordinator:

**175** LWN members

 Audrey Baird (up to March 2022)


  This role is currently vacant

 [bit.ly/HghAndLomondLWNFacebook](https://bit.ly/HghAndLomondLWNFacebook)





Audrey Baird

## Highlights 2021/22

 **ADP grant funding** was been awarded (£5K) for the development of a **digital Helensburgh & Lomond Mental Health Directory** ([www.hlwellbeing.com](http://www.hlwellbeing.com)).



Helensburgh & Lomond  
**MENTAL HEALTH DIRECTORY**

-  A series of invited speakers in each of the four themed Network meetings focussed on health and wellbeing priorities identified by members.
-  Information from the Network frequently picked up by the local press, The Helensburgh Advertiser.

Note: We wish to take this opportunity to say a **huge thanks to Audrey Baird**, who left the role of Helensburgh and Lomond's LWN Coordinator back in March 2022, to recognise all her work and the difference she made within the role.

Health Improvement Team contact:  Angela Coll  [angela.coll@nhs.scot](mailto:angela.coll@nhs.scot)

# ISLAY AND JURA LWN

**45** LWN members



Islay and Jura LWN Co-ordinator:

 Sandra MacIntyre, until August 2022.

Role will be temporarily covered by Angela Coll, Health Improvement Senior, from September 2022.




 [angela.coll@nhs.scot](mailto:angela.coll@nhs.scot)

 [bit.ly/IslayAndJuraLWNFacebook](https://bit.ly/IslayAndJuraLWNFacebook)



Sandra MacIntyre

## Highlights 2021/22

-  Food Fund Road Show – Coordinator and members helped to organise, promote and attend local Flexible Food Fund local events.
-  Network meetings had speakers from cancer research, Food Fund, Bute Advice, Alienergy, Acumen and Versus Arthritis promoting their services to the Islands.
-  Several surveys sent out e.g. Carers Survey, Air ambulance survey etc.

Case Study: The Network helped the Islay Resilience group during Covid restrictions by providing the list of volunteers and social media for local information and Covid updates.

Health Improvement Team contact:  Angela Coll  [angela.coll@nhs.scot](mailto:angela.coll@nhs.scot)



# THE ISLANDS (MITCC) LWN



Islands (Mull, Iona, Tiree, Coll and Colonsay) LWN Co-ordinator:

- 👤 Carol Flett
- ✉️ [tcmhwn@gmail.com](mailto:tcmhwn@gmail.com)
- ☎️ 07753218327
- 📱 [bit.ly/IslandsLWNFacebook](https://bit.ly/IslandsLWNFacebook)

**85** island-based LWN members;

**96** mainland based LWN partners



Carol Flett

## Highlights 2021/22

- ★ Zoom created a great way to see and hear from people across the Islands at one meeting, whilst also allowing for national and mainland input.
- ★ The support from mainland based LWN partners has been overwhelming. Their keenness to be involved in information sharing across the Islands about the work they do and their support of the network has been fantastic.
- ★ Encouraging to see some GP's and other frontline NHS staff show an interest in the work of the LWN.

The Islands LW Network continues to promote Mull Safe and Sound which supports anyone on Mull and Iona who feels socially isolated or socially vulnerable with their face-to-face and on line social groups.

Health Improvement Team contact: 👤 Angela Coll ✉️ [angela.coll@nhs.scot](mailto:angela.coll@nhs.scot)

# KINTYRE LWN



Kintyre LWN Co-ordinator:

- 👤 Tracy Chambers
- ✉️ [hwnlinkclub@gmail.com](mailto:hwnlinkclub@gmail.com)
- ☎️ 07535036953
- 📱 [bit.ly/KintyreLWNFacebook](https://bit.ly/KintyreLWNFacebook)

**90** LWN members



Tracy Chambers

## Highlights 2021/22

- £ **ADP grant funding** has been awarded (£5K) for the development of the **Kintyre Mental Health and Wellbeing Directory**, which will be live soon.
- ★ Hosting and promoting workshops with our partner Versus Arthritis.
- ★ Producing an online Kintyre Mental Health and Wellbeing Directory.
- ★ Working with Keeping it Local CIC to promote health and wellbeing throughout Kintyre via their numerous video screens and social media.

Previously derelict and run down premises have been regenerated and brought back to life, by the work of both Youth Impact and the Kintyre Hub, having received funding from the Living Well Network Youth Grant in 2021, despite COVID restrictions at the time. These spaces are now not only pleasing to the eye, but functional and open for the community to enjoy.

Health Improvement Team contact: 👤 Angela Coll ✉️ [angela.coll@nhs.scot](mailto:angela.coll@nhs.scot)

75 LWN members



Mid Argyll LWN Co-ordinator:

- Jointly covered by Fiona Kalache and Lynne Johnstone
- [livingwell@mayds.org.uk](mailto:livingwell@mayds.org.uk)
- 01546 603231
- [bit.ly/MidArgyllLWN-Facebook](https://bit.ly/MidArgyllLWN-Facebook)



Fiona Kalache



Lynne Johnstone

## Highlights 2021/22

- ★ Hosting meetings at different venues has attracted more members and organisations, such as, The Easy Club, Heads Up, Rugby Club, etc.
- ★ Several LWN members attended the self-management bite-size interactive sessions for those living with a long term health conditions promoted by Versus Arthritis at Network meetings e.g. Managing Fatigue, Sleep, Managing Anxiety and Fibromyalgia.
- ★ New Youth Worker for Live Argyll has teamed up with MAYDS and their young people to do some art and a graffiti wall as a result of her presentation at the network meeting

New local activities were promoted at LW Network meetings by Mid Argyll Rugby Club, Heads up Mental Health Peer Support Group and Mid Argyll Radio Sailing Club.

Health Improvement Team contact: Angela Coll [angela.coll@nhs.scot](mailto:angela.coll@nhs.scot)

82 LWN members



Oban and Lorn LWN Co-ordinator:

- Kirsty MacLuckie
- [kirsty.obanyouthcafe@hotmail.co.uk](mailto:kirsty.obanyouthcafe@hotmail.co.uk)
- 01631 567 399 (answer phone)
- [bit.ly/ObanAndLornLWNFacebook](https://bit.ly/ObanAndLornLWNFacebook)



Kirsty MacLuckie

## Highlights 2021/22

- ★ A self-management themed meeting held with presentations from Versus Arthritis, Smoking Cessation, and local charity Hope Kitchen.
- ★ Online zoom meetings have opened up the Network and made it more accessible.
- ★ Members given the opportunity to give updates at meetings. This is a great time for networking of local agencies to find areas for joint working or referral pathways.

Promotion of the OLI MH Directory ([www.olimentalhealthdirectory.co.uk](http://www.olimentalhealthdirectory.co.uk)) at a LWN Coordinators meeting led to other Networks creating MH directories for their areas.

Health Improvement Team contact: Angela Coll [angela.coll@nhs.scot](mailto:angela.coll@nhs.scot)

# COMMUNITY LINK WORKING

Aim: To establish a Community Link Worker service in Argyll and Bute. Using a person-centred social prescribing approach, Community Link Workers will work with individuals to help them access community services and overcome barriers in order to take control of their own health and wellbeing.

## HIGHLIGHTS

Contract for **Community Link Worker (CLW) service in Argyll and Bute** awarded to **We Are With You**.

**Community Link Workers** connect people to support or resources for social issues such as debt, relationships, employment and loneliness which can affect people's health and wellbeing.

Contributing to the modernisation and expansion of services delivered in GP practices, with multidisciplinary teams working to support people holistically to improve patient outcomes.

Electronic **Elemental** referral system implemented in GP practices to support referral and information sharing.

**we are  
withyou**  
at Argyll and Bute  
Community Links



**4 Community Link Workers (CLWs)** recruited to cover 11 GP practices based in Bute, Campbeltown, Dunoon, Helensburgh, Islay, and Lochgilphead.

The Community Link Worker (CLW) service can be accessed through referral. For more details ask your GP practice or email: [argyllbutelinks@wearewithyou.org.uk](mailto:argyllbutelinks@wearewithyou.org.uk)

# 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 wellbeing.

**Cool2Talk** is an online support service for young people aged 12-26. Young people post a question to the website then receive a bespoke answer within 24 hours, 365 days a year, signposting them to appropriate services including sexual health services, emotional support resources and other health related issues including Covid-19. .

## HIGHLIGHTS

**Mid Argyll Youth Development Services (MAYDS)** will deliver the service until March 2023.

**Thanks to the following partners** for their continued financial commitment to the health and wellbeing of young people in Argyll and Bute: ADP, Public Health, Police Scotland, Scottish Fire and Rescue, HSCP Children and Families and Argyll and Bute Education Service.



## COOL2TALK.ORG

- ★ 124 questions answered by MAYDS staff online.
- ★ 81% of service users identified themselves as female, 17% as male and 2% identified themselves as other.

# 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.

## HIGHLIGHTS

Successfully met quit targets, despite the challenges of Covid-19 and virtual appointments.

Successful No Smoking Day campaigns and advertising in local and national press for all areas in Argyll and Bute, saw increased referrals to the service.

A wide range of working relationships expanded to increase points of referrals.

Supported all 70 P7 dramas performed in Argyll and Bute primary schools.

All advisers offered MAP training and provided with updated materials and props to support 1-1 sessions and group interactions (e.g. with Living Well Networks, etc.).

Successful recruitment of a new team member.

Contact your local Stop Smoking Advisor directly for an initial chat:

**Bute:** Tel. 01700501521

**Cowal:** Tel. 01369708349 or Tel. 07972678923

**Kintyre:** Tel. 07812485058

**Helensburgh and Lomond:** Tel. 07795612590

**Mid Argyll, Carradale and Muasdale:** Tel. 07707868351

**Oban, Lorn and Isles:** Tel.07795612590



See also [smokefreehighland.scot.nhs.uk](https://smokefreehighland.scot.nhs.uk)

**QUIT YOUR WAY**  
with our support

## OUTCOMES

(NHS Advisor & Shared care only)

- ★ **285** people set a quit date with their Stop Smoking Advisor on applying.
- ★ **92** successful Stop Smoking attempts (at 12 weeks) supported by Stop Smoking Advisors

# 'SMOKE FREE' P7 EDUCATION PROGRAMME:

Aim: To engage with all A&B Primary Schools to deliver the educational drama in a supportive way with partners, to raise awareness of smoking dangers and the resources available.

## HIGHLIGHTS

'Smoke Free' is a bespoke educational programme delivered to Primary 7s. It consists of lesson plans, online leaflets, letters for families and ends with an interactive drama production.

Offered to all Argyll and Bute Primary Schools (approx. 70) despite Covid-19 challenges.

Delivered in half of schools complete with lesson plans and smoking related materials.

Several schools requested an onsite visit that was delivered within Covid-19 regulations and enjoyed by all the P6/7 pupils.

Good feedback received from all, with the planning for the 2022-23 tour already in progress.



- ★ **3** bespoke lessons plans were developed to support the drama and fit in with the existing health and wellbeing curriculum

# 'SMOKE FREE' S3 HEALTH DRAMA: 'YOU ARE NOT ALONE'

Aim: To engage with all A&B High Schools to deliver the drama in a supportive way with partners, to address topics young people may be struggling with in their lives.

## HIGHLIGHTS

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Offered to all Argyll and Bute High Schools despite Covid-19 challenges.

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Drama was delivered in all but 1 High School.

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Several partner organisations joined us for the events, to deliver a holistic event.

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Just short of 1,000 pupils engaged with the video.



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- ★ The 2022/23 live tour is already in the planning phase after good feedback from schools, education departments, and pupils.

# SEXUAL HEALTH

Aim: To improve sexual health and knowledge to minimise risk of Sexually Transmitted Infections (STIs), including HIV, and reduce health inequalities across Argyll and Bute.

## HIGHLIGHTS

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New face-to-face worker appointed by Waverley Care.

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Continued awareness raising of free condoms and the 'C Card' (see ab-wish.org) and increasing the service to young people.

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All High Schools in Argyll and Bute provided with condoms and how to access further supplies.

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Funding available to purchase self-test kits for a variety of STI's discussed with school health nurses and midwives.

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All S3 dramas provided with information on condoms, demonstrations and awareness raising.

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Funding identified to develop an action plan addressing gaps in sexual health services in Argyll and Bute.



## ONLINE RESOURCES

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- ★ NHS inform: <https://www.nhsinform.scot/self-help-guides/self-help-guide-emergency-contraception>
- ★ Waverley Care: <https://www.waverleycare.org/support-and-advice/sexual-health>
- ★ Free condoms available by post: [www.waverleycare.org/condoms-by-post](http://www.waverleycare.org/condoms-by-post)

# SCREENING INEQUALITIES

Aim: To identify and tackle inequalities in accessing screening services and ultimately reduce health inequalities in cancer and other health outcomes.

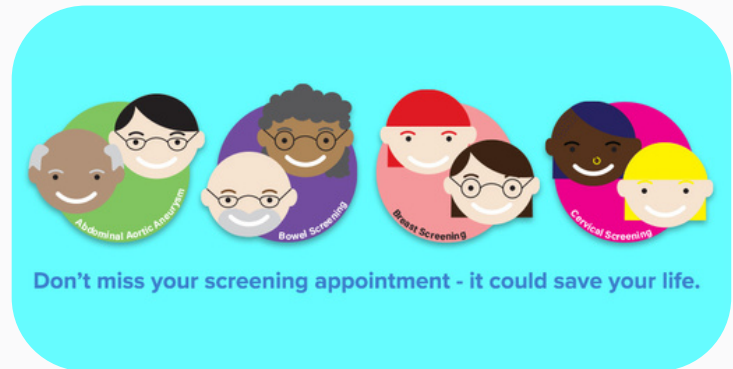
## HIGHLIGHTS

Screening Inequalities Project findings presented at Faculty of Public Health Annual Scottish Conference (contact heather.mcadam@nhs.scot for further details).

People in areas of deprivation are known to have a lower participation rate in screening services than those in less deprived areas.

An engagement exercise with frontline staff focussing on individuals with Mental Health conditions or Learning Disabilities identified areas for further intervention with staff working in these areas.

This work stemmed from bespoke sessions on screening that had been delivered to professionals during 2019/20.



A&B HSCP Together  
Argyll & Bute Health & Social Care Partnership

Kintyre Link Club  
Mental Health Support and Recovery

**Screening Inequalities:**  
An evaluation of the knowledge of frontline staff to support participation in NHS Health Screening Programmes

Heather McAdam – Health Improvement Senior

# SUICIDE PREVENTION

Aim: To coordinate a multi-disciplinary response to suicide prevention in Argyll and Bute.

## HIGHLIGHTS

Working with partners, the wider community and individuals, to deliver a Suicide Prevention Action Plan which reflects the needs of the people of Argyll & Bute.

Steering group has representation from professionals, groups and organisations supporting those who face high risk factors or are from higher risk groups for suicide.

Development session delivered reviewing suicide prevention activity in Argyll and Bute.

Short-term action plan developed with updated aims, objectives and Terms of Reference.



★ A new Scottish Government Suicide Prevention Strategy and Action Plan will be published by end September 2022.

# MENTAL WELLBEING ENGAGEMENT

Aim: To gain insight into people's experiences of the COVID-19 pandemic and the impact of this upon mental wellbeing and access to mental health support.

## HIGHLIGHTS

Engagement activity carried out in conjunction with Jean's Bothy, ACUMEN and Support in Mind Scotland (SiMS).

Engagement in the form of focus groups, one to one interviews and surveys asked Argyll and Bute residents questions on their experience of the pandemic and the impact on their mental wellbeing.

A live graphic illustrator captured the themes at one of the Jean's Bothy focus groups.

Key themes emerged around accessible support, community support and digital connectivity, and were captured in a report.



- ★ SiMS created a documentary entitled “**Voices Seldom Heard**” available at: <https://vimeo.com/726720153>



# FIRST AID FOR YOUTH MENTAL HEALTH

Aim: To maximise reach of this course on better understanding of youth mental health and wellbeing and how to support individuals to engage with services.

## HIGHLIGHTS

Virtual delivery enabled participation from all over Argyll and Bute including Islay, Coll and Mull.

20 delegates representing 16 organisations including education, young carers and befrienders completed the training.

Participants reported increased confidence in:

- understanding of own mental health and wellbeing;
- approaching someone displaying mental health distress to offer support;
- challenging stigma;
- supporting someone to engage with appropriate services; and
- asking someone if they have suicidal thoughts.



- ★ Course content:
  - What is First Aid for Youth Mental Health?
  - Identifying mental health conditions
  - Stress
  - Mental health conditions
  - First Aid for Mental Health action plan

- ★ 2 First Aid for Youth Mental Health courses were commissioned and delivered online in January and February 2022 (each 4 x 2.5-hour sessions over a two-week period).

# CHILD POVERTY ACTION GROUP

Aim: To tackle child and family poverty in line with Scottish Government targets to address child poverty by key dates of 2023 and 2030.

## HIGHLIGHTS

### Period Poverty

A **Project Lead for Period Products** was appointed in Argyll and Bute to engage with young people and adults to develop branding and provision plans, ahead of statutory requirements in September 2022.

### School Clothing Banks

Argyll and Bute Council engaged with schools and community groups to develop a **Sustainable Use School Clothing Banks**, to help reduce waste, help the environment and ultimately cut costs for families.

### Poverty Awareness Training

A variety of Poverty Awareness training, including Money Counts has been delivered (see below).



## Who are the Argyll and Bute Child Poverty Action Group?

- ★ A multi-agency group formed in 2019 with representatives of Argyll and Bute Council, NHS Highland, Third Sector and other partners looking at utilising resources to make a difference to those living in poverty.
- ★ Read the detail at:  
[bit.ly/AB-ChildPoverty-ActionPlan](https://bit.ly/AB-ChildPoverty-ActionPlan)  
[bit.ly/ABChildPovertyActionPlanReviewJun21](https://bit.ly/ABChildPovertyActionPlanReviewJun21)

# MONEY COUNTS INCOME MAXIMISATION COURSE

Aim: To build the knowledge and confidence of staff and volunteers working with people that may benefit from income maximisation help.

## HIGHLIGHTS

The **Money Counts Income Maximisation Course (Level 1)** for Argyll and Bute was delivered 6 times in 2021/22.

21 attendees from a variety of Argyll and Bute HSCP and Third Sector organisations throughout Argyll and Bute.

Short information awareness sessions (45mins) delivered in partnership with Margaret Todd from Young Carers and Child Poverty, and Rory Munro from the Health Improvement Team.

Attendees surveyed (n=19) reported an increase in confidence in ability to talk with someone about money issues after the session



## Course Objectives:

- ★ Have an increased understanding of poverty and its impact;
- ★ Have increased confidence to ask about money worries
- ★ Gain knowledge of support services for money matters.



# HEARTSTART

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).

**Heartstart** face-to-face training paused during the COVID-19 pandemic. The programme is now administered by to Save a Life for Scotland.

**Heartstart Argyll and Clyde** receive Scottish Health Volunteer Award in 2021 recognising 25 years of Heartstart volunteering.

In 2021-22, **Heartstart** training began to remobilise, with training delivered both virtually and face-to-face.



Photo: Some Argyll and Bute Heartstart volunteers with the Scottish Health Volunteer Award.

- ★ 244 children at 14 schools trained via: Teams, Google Meet and face-to-face.
- ★ 11 staff trained as new instructors.
- ★ 12 staff have received refresher training.
- ★ 24 members of the general public trained online.
- ★ **Heartstart** offered to all schools in Argyll and Bute. The uptake was approximately 70.8% pre-pandemic, and work is ongoing to remobilise.

# SOCIAL MITIGATION

Aim: To support recovery from the COVID-19 pandemic in the context of the impact on the wider determinants of people's health.

## HIGHLIGHTS

The **Social Mitigation Strategy and Action Plan** agreed by NHS Highland's Board in March 2021, covers a number of overarching themes including:

- ★ Unemployment and the Economy
- ★ Income and Financial Security
- ★ Food Security
- ★ Mental health and Wellbeing
- ★ Drugs and Alcohol
- ★ Digital Inclusion
- ★ Capacity and Community Resilience
- ★ Transport and Active Travel

The Strategy has been developed through community and staff engagement and in partnership with work developed nationally through Public Health Scotland.



COVID-19 has had a much wider impact on people's health and wellbeing, in addition to the impact of catching the virus itself.

Those already most disadvantaged, often experience a heavy impact of the consequences of lockdown, restrictions on the economy, employability and poverty, etc.

This will result in a widening of the gap already evident in health inequalities for our most vulnerable groups.

Read the detail at: [bit.ly/SocialMitigationStrategy-and-ActionPlan](https://bit.ly/SocialMitigationStrategy-and-ActionPlan) 15

# HEALTH PSYCHOLOGY AND HEALTH BEHAVIOUR CHANGE

Aim: To study and apply relevant theories, models and evidence to the areas of physical health, health behaviour change and health care systems to support better health and wellbeing.

## HIGHLIGHTS

- ★  Successful application to NHS Education for Scotland for joint funding of Argyll and Bute HSCP's **first Trainee Health Psychologist**.

- ★ Trainee Health Psychologist, **Giulia Spaltro** joined the HSCP in February 2022, working with both **Public Health and Dietetics**, predominantly focusing on weight management and **Type 2 Diabetes** management and prevention.

- ★ **Argyll and Bute's Specialist Weight Management Service** will implement Health Psychology theory and practice in line with ScotGov, SIGN and NICE guidelines (all recognise the role that psychology can play in the successful implementation of weight management programmes).

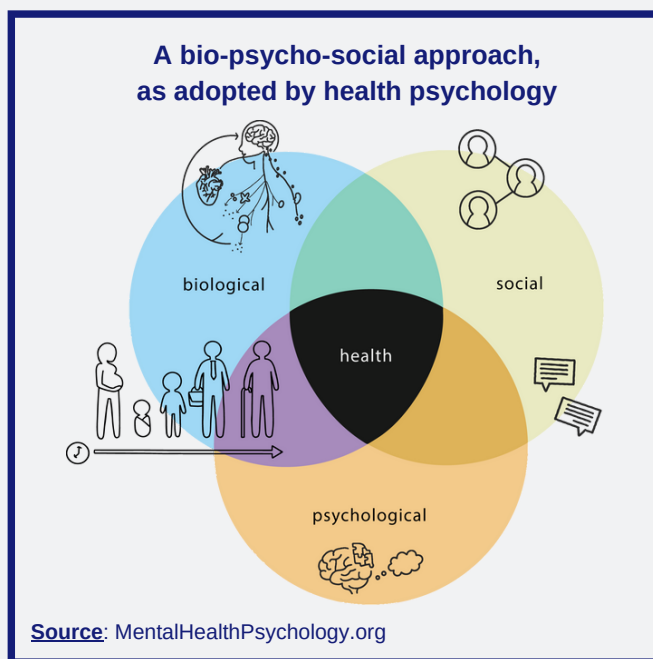


Photo: Trainee Health Psychologist, Giulia Spaltro



- ★ Supporting the **remobilisation of NHS Education for Scotland MAP (Motivation, Action and Prompts) of Health Behaviour Change Training** (will be available 2022-23).

For more information visit:  
<https://learn.nes.nhs.scot/2144/map-of-health-behaviour-change-helping-people-to-make-and-maintain-behaviour-change>



# ARGYLL AND BUTE PUBLIC HEALTH INTELLIGENCE

Aim: To support the information needs of Argyll and Bute Health and Social Care Partnership (HSCP) to meet its public health function.

The Argyll and Bute Public Health Intelligence Team are part of NHS Highland's Public Health expert resource on epidemiology, demography and population health evidence.

## HIGHLIGHTS

- ★ Argyll and Bute Joint Strategic Plan (JSP), including the Argyll and Bute Joint Strategic Needs Assessment (JSNA).
- ★ COVID-19 surveillance reporting for Argyll and Bute HSCP.
- ★ Argyll and Bute HSCP Digital Modernisation – collection and analysis of 411 responses.
- ★ 9 Surveys on various topics.

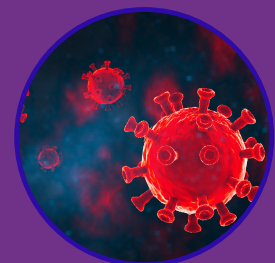
Public  
Health  
Intelligence



## THE WIDER IMPACTS OF COVID-19

If you would like to explore further detail around the wider impacts of COVID-19, detailed data can be found at:

- [bit.ly/COVID-19-WiderImpacts-ScotPHO](https://bit.ly/COVID-19-WiderImpacts-ScotPHO)
- [data.gov.scot/coronavirus-covid-19](https://data.gov.scot/coronavirus-covid-19)



# COVID-19: SYMPTOMATIC TESTING PROGRAMME

Aim: To support the roll out of Polymerase Chain Reaction (PCR) testing programme for those experiencing COVID-19 symptoms across Argyll and Bute.

## HIGHLIGHTS

- ★ Worked with the Scottish Government, Scottish Fire and Rescue Service, GPs and community organisations to identify how to best provide testing to all residents of Argyll and Bute.
- ★ Agile response required to meet testing provision in changing environment, with ongoing communication to ensure the public kept informed of how and where to access a test.
- ★ Worked with CalMac, Couriers and Royal Mail to explore the most effective methods of transporting tests to laboratories for analysis within a 72 hour timeframe.



Photo: A PCR Testing Kit

'RURAL TESTING PATHWAYS'  
APPLICATION SUBMITTED TO:



# COVID-19: ASYMPTOMATIC TESTING PROGRAMME

Aim: To support the roll out of Lateral Flow Device (LFD) testing programme for those with no COVID-19 symptoms across Argyll and Bute.

## HIGHLIGHTS

- ★ Supported delivery and implementation of testing in Argyll and Bute and coordinated the transition between twice-weekly testing to daily testing of frontline workforce in Winter 2021.
- ★ Continued to support the various pathways to LFD testing programmes in partnership with Local Authority colleagues, including: Education, Social Care, Asymptomatic Community Testing, Healthcare Workers and Independent Contractors.
- ★ Coordination of local LFD Testing supplies, ensuring kits distributed across designated locations in Argyll and Bute to enable continuation of staff testing, mitigating the impact of national supply issues in winter 2021.

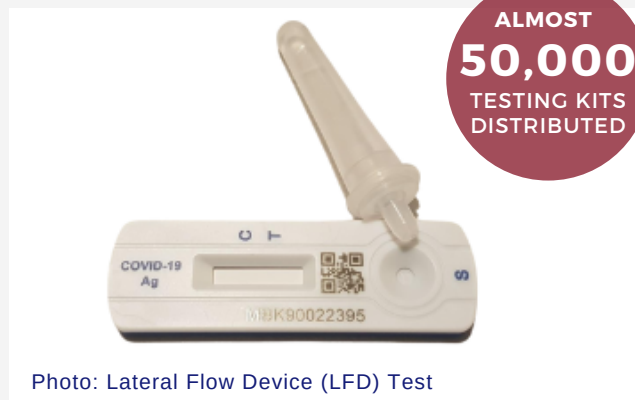


Photo: Lateral Flow Device (LFD) Test

'COMMUNITY TESTING,  
COMMUNITY COLLECT AND  
ASSERTIVE DELIVERY SERVICES'  
APPLICATION SUBMITTED TO:



# ARGYLL & BUTE ALCOHOL & DRUG PARTNERSHIP (ADP)

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



- ★ Argyll and Bute have implemented a new Residential Rehabilitation Pathway.
- ★ A New Near Fatal Overdose Pathway is in place.
- ★ 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 fund 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.
- ★ Funding for school counsellors to extend the Scottish Government counsellors in secondary school initiative, supporting Primary 6 and 7 pupils.
- ★ Worked with schools to pilot the Icelandic Prevention model in two secondary schools in Argyll and Bute.
- ★ Working with services to initiate the multidisciplinary Medication Assisted Treatment Standards in Cowal and Bute.
- ★ Fund training for partners on a number of substance use topics (see training available by topic at <https://www.sdftraining.org.uk/training>).

# ARGYLL AND BUTE PUBLIC HEALTH WORKPLAN 2022/23

Under the governance of the Argyll and Bute Health and Social Care Partnership (ABHSCP) and the Public Health Directorate of NHS Highland, Argyll and Bute Public Health Team will continue to deliver on the following core services:

- ★ Health Improvement
- ★ Health Intelligence
- ★ Alcohol and Drug Partnership co-ordination
- ★ Capacity building and partnership working

The Argyll and Bute Public Health workplan is underpinned by a number of strategies and priorities including:

- ★ [Living Well in Argyll and Bute](#)
- ★ [NHS Highland's Social Mitigation Strategy](#)
- ★ [The Alcohol and Drug Strategy for Argyll and Bute](#)
- ★ National top-down strategies and policies
- ★ Argyll and Bute Health and Social Care Partnership Strategic Priorities & commissioning intentions, as laid out in Argyll and Bute's [Joint Strategic Plan](#)

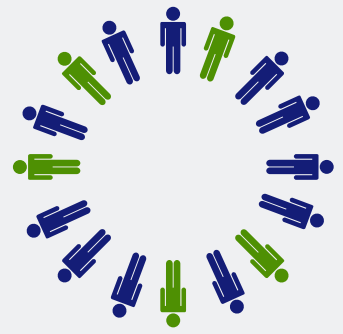
## PRIORITIES AND COMMISSIONING INTENTIONS



**Source:** 'Argyll and Bute Priorities and Commissioning Intentions', Joint Strategic Plan (SPG), 2022-25, page 3.

The Health Improvement section of the 2022/23 workplan has been developed in partnership with health improvement colleagues in north NHS Highland with a view to having board wide portfolios. This is a new development within this plan and will be closely monitored for effectiveness. It will be published to the web at [ablivingwell.org](http://ablivingwell.org).

# THE ARGYLL AND BUTE PUBLIC HEALTH TEAM



**Alison McGrory**

Interim Associate Director of Public Health, Argyll and Bute HSCP

[alison.mcgrory@nhs.scot](mailto:alison.mcgrory@nhs.scot)

**Cara Munro**

Personal Assistant to Associate Director of Public Health, Argyll and Bute HSCP (Part-time)

[cara.munro1@nhs.scot](mailto:cara.munro1@nhs.scot)

Sincere thanks and recognition are given to the huge contribution made by the team for the work of Public Health through the challenges of 2021/22, but with a special note to those who have now moved on to new opportunities. Especially, Dr. Nicola Schinaia who led the team up until June 2022. We wish them all well in their future endeavours, with congratulations to those promoted, and a warm welcome to the new additions to the team.

**Health Improvement  
Team**

**Public Health  
Intelligence (PHI) Team**

**Alcohol and Drug  
Partnership (ADP)**

## Health Improvement Team

**Sam Campbell**

Interim Health Improvement Principal

Health improvement rep for Helensburgh and Lomond Locality Planning Group (LPG) and Community Planning Group (CPG); as well as Oban, Lorn and the Islands (OLI) Locality Planning Group (LPG) and Community Planning Group (CPG).

[samantha.campbell3@nhs.scot](mailto:samantha.campbell3@nhs.scot)

**Jenny Dryden**

Health Improvement Lead (Part-time)

Health improvement rep for Mid Argyll, Kintyre and Islay (MAKI) Locality Planning Group (LPG) and Community Planning Group (CPG).

[jennifer.dryden@nhs.scot](mailto:jennifer.dryden@nhs.scot)

**Laura Stephenson**

Health Improvement Lead (Part-time)

Health improvement rep for Cowal and Bute Locality Planning Group (LPG) and Community Planning Group (CPG).

[laura.stephenson2@nhs.scot](mailto:laura.stephenson2@nhs.scot)

## Health Improvement Team continued...

Angela Coll

Health Improvement Senior (Part-time)

[angela.coll@nhs.scot](mailto:angela.coll@nhs.scot)

Lynn Garrett

Health Improvement Senior (Part-time)

[lynn.garrett3@nhs.scot](mailto:lynn.garrett3@nhs.scot)

Heather McAdam

Health Improvement Senior

[heather.mcadam@nhs.scot](mailto:heather.mcadam@nhs.scot)

Caroline McArthur

Health Improvement Senior (Part-time)

[caroline.mcarthur2@nhs.scot](mailto:caroline.mcarthur2@nhs.scot)

Rory Munro

Health Improvement Senior

[rory.munro@nhs.scot](mailto:rory.munro@nhs.scot)

Suzanne Baird

Administrative Assistant (Part-time)

[suzanne.baird3@nhs.scot](mailto:suzanne.baird3@nhs.scot)

**Plus 5 Bank Health Improvement Seniors** available from Spring 2022, providing additional capacity to respond to changing Public Health demands.

## Plus the 'Smoke Free' Team:

Mandy Allison

Smoking Cessation Officer (Part-time)

**Area covered: Bute**

[mandy.allison@nhs.scot](mailto:mandy.allison@nhs.scot)

JoAnne Loughlin

Administrative Assistant (Part-time)

[joanne.loughlin@nhs.scot](mailto:joanne.loughlin@nhs.scot)

Jill Denton

Smoking Cessation Officer (Part-time)

**Area covered: Kintyre and Mid Argyll**

[jill.denton@nhs.scot](mailto:jill.denton@nhs.scot)

Caroline Glen

Smoking Cessation Officer (Part-time)

**Area covered: Campbeltown**

[caroline.glen@nhs.scot](mailto:caroline.glen@nhs.scot)

Sherry Burns

Smoking Cessation Officer (Part-time)

**Areas covered: Oban, Lorn and Islands (OLI), and Helensburgh and Lomond (H&L)**

(Yvonne Brown is currently on a 1 year secondment from July 2022)

[sherry.burns2@nhs.scot](mailto:sherry.burns2@nhs.scot)

Kathy Graham

Smoking Cessation Officer (Part-time)

**Area covered: Cowal**

[kathleen.graham@nhs.scot](mailto:kathleen.graham@nhs.scot)

Many thanks to Kate Paton

who was one of the

Smoking Cessation Officers

in 2021/22, and left at the

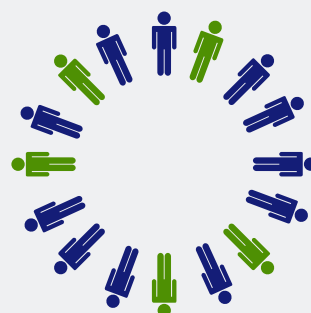
end of August 2022.

## Health Psychology

Giulia Spaltro

Trainee Health Psychologist

[giulia.spaltro@nhs.scot](mailto:giulia.spaltro@nhs.scot)





# Public Health Intelligence Team

**Sarah Griffin**

Public Health Intelligence Specialist (Part-time)

*sarah.griffin1@nhs.scot*

**Lynsey Gates**

Public Health Intelligence Assistant (Part-time)

*lynsey.gates@nhs.scot*

## The Health Improvement Team's presence online

(including data published by the Public Health Intelligence Team):



[www.ablivingwell.org](http://www.ablivingwell.org)



@HealthyArgyllandBute (facebook.com/HealthyArgyllandBute)



NHSH.ABhealthimprovement@nhs.scot



# Alcohol & Drug Partnership (ADP) Support Team

**Craig McNally**

Argyll and Bute ADP Coordinator

*craigthomas.mcnally@nhs.scot*

**Sophie Wallace**

ADP Administrator (Part-time)

*sophie.wallace8@nhs.scot*

**Anne Ndlozi**

ADP Information, Research and  
Performance Officer

*anne.ndlozi@nhs.scot*

**Sarah Marquis**

ADP Development Officer (Part-time)

*sarahgeorgina.marquis@nhs.scot*

## The ADP's presence online:



[argyllandbuteadp.org.uk](http://argyllandbuteadp.org.uk) (from October 2022)



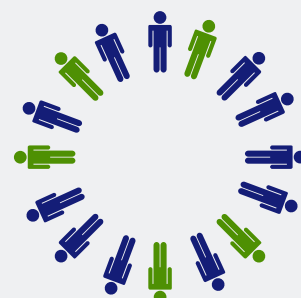
@ArgyllandButeADP (facebook.com/ArgyllandButeADP)



@ArgyllADP (twitter.com/ArgyllADP)



NHSH.argyllandbuteadp@nhs.scot



# USEFUL CONTACTS AND LINKS

If you are struggling, or simply need to seek advice, help is available. Click the links below. Don't hesitate to contact any of the organisations below for help, support and/or advice.

**Breathing Space**  
Open up when you're feeling down

**Opening hours**  
Weekdays: Monday-Thursday 6pm to 2am  
Weekend: Friday 6pm-Monday 6am

Need help now? Call free on  
**0800 83 85 87**

**SAMARITANS**

Call us any time, day or night  
Whatever you are going through, you can call us any time, day or night, from any phone for FREE.

**Call 116 123**

**shout**  
**85258**

Txt 'shout' to 85258 for help.  
We are here for you 24/7

**NHS inform**

For latest health advice and everyday health concerns  
[www.nhsinform.scot](http://www.nhsinform.scot)  
Freephone  
**0800 22 44 88**

**Tel. 111** 

For urgent care advice, day or night, and health and dental support when your GP practice or dentist is closed.



If life threatening call 999

**we are withyou**

Free, confidential support to people experiencing issues with drugs, alcohol or mental health (and their friends and family).

[wearewithyou.org.uk](http://wearewithyou.org.uk)

scotland's domestic abuse and forced marriage helpline

[www.sdafmh.org.uk](http://www.sdafmh.org.uk)  
**Tel. 0800 027 1234**

**LGBT foundation** [www.lgbt.foundation](http://www.lgbt.foundation)  
**Tel. 0345 330 3030**

 **citizens advice bureau**

For financial or legal concerns  
[www.abcab.org.uk](http://www.abcab.org.uk)  
**Tel. 01546 605 550**

 **Parentline**  
Online | Helpline | Lifeline  
call free **08000 28 22 33**

 **GamCare** Gambling support at: [www.gamcare.org.uk](http://www.gamcare.org.uk) Call free: **0808 8020 133**

 **ABRC**  **MACMILLAN CANCER SUPPORT**  **COOL TALK**  **ssafa** the Armed Forces charity  **YOUNG SCOT**

 **mind** **living life to the full**

 **ChildLine** 0800 1111  **mental welfare** commission for scotland

 **No Panic** Don't suffer alone Pick up the phone  **The Silver Line** helpline for older people

 **Cruse Bereavement Care**  **YOUNG MINDS**  **LGBT YOUTH SCOTLAND**  **Anxiety.org**

- ★ Argyll and Bute Educational Psychology
- ★ Local Palliative Care Nurse
- ★ Chaplaincy
- ★ GP/Community Mental Health Team