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Argyll & Bute Health & Social Care Partnership

Health and Wellbeing in Argyll and Bute Annual Report 2022/23



Public
Health
Intelligence

 www.ablivingwell.org



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INTRODUCTION

I am delighted to introduce the Public Health Annual Report for the period April 2022 to March 2023. The Public Health Team in Argyll and Bute has a varied role which includes:

- Improving the health and wellbeing of the people who live in Argyll and Bute
- Implementing national health and wellbeing strategy and policy in our area
- Supporting the Health and Social Care Partnership (HSCP) in delivering effective services, for example, with evaluation or data analysis
- Working with a range of partners and communities to gather views to shape and inform our health and wellbeing activity

As a small team, our work is done by connecting with others and developing effective partnerships for health and wellbeing. We continue to promote our Living Well Networks and regularly link with the Community Planning Partnership. It is very important that we listen and respond to what's important to our local communities and support community champions.

Living Well is our showcase public health programme in Argyll and Bute. The aim of this work is to promote what keeps us well rather than what makes us ill.

The Public Health Team worked on the Equality Outcomes and Mainstreaming report throughout 2022. One of the most important aspects of public health policy is to reduce inequalities across the population and ensure those most in need benefit from our efforts. Scotland is a very unequal country, for example, people who are better off financially live longer and have better health. We continue to champion this important agenda across our services and in local communities. It is possible to empower people to influence the wide causes of inequality. This can happen at many different levels, the most effective being the day to day conversations we have about the Scotland we want to live in.

The cost of living crisis is a major challenge to health here and across Scotland. The rising cost of food, energy, and other essentials is putting a strain on household budgets which makes it increasingly difficult for people to afford to live healthy lives. This strain is not felt equally by everyone. The Public Health Team is delighted that Community Link Workers are working in many GP practices and the majority of our population can now access person centred support for the underlying social issues that impact health.

Despite these ongoing challenges, Argyll and Bute has many assets that keep us well. We have amazing people living, working and volunteering here to make our communities the best places to live and a vibrant third sector providing rich social support. We also have the beautiful outdoors at our fingertips and can take advantage of a free nature workout whenever we choose. My loves are swimming in the sea and going to the beach and I count myself very lucky this is so easy to do where I live in Kintyre.

Moving into 2023 – 2024, we continue to focus on building capacity for health with our partners and in our communities and work on what keeps us well. You can keep in touch with us on Facebook at our page Healthy Argyll and Bute.



With warm regards,

Alison McGroary

Associate Director of Public Health
Argyll and Bute HSCP, NHS Highland
1 November 2023

ARGYLL AND BUTE - THE CONTEXT

The Public Health Team works within Argyll and Bute HSCP. To get a deeper insight into the characteristics of Argyll and Bute's population and economy which impact the context of how we work, see the documents below:



Strategic Plan 2022-2025

View the full document and the Plan on a Page at: bit.ly/JSP-ABHSCP-2022-25

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 etc.

Plan on a Page



JOINT STRATEGIC PLAN 2022-2025

PEOPLE IN ARGYLL AND BUTE WILL LIVE LONGER, HEALTHIER INDEPENDENT LIVES

[READ HERE](https://bit.ly/JSP-ABHSCP-2022-25)

[HTTPS://BIT.LY/JSP-ABHSCP-2022-25](https://bit.ly/JSP-ABHSCP-2022-25)



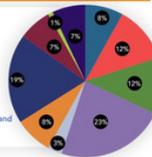
WHAT WE ARE PLANNING FOR

- 85,430 PEOPLE 3.6% SINCE 2010
- WORKING AGE POPULATION
- 47% POPULATION LIVE IN 'RURAL' AREAS (2020)
- INCREASED DEMAND FOR HEALTH AND SOCIAL CARE SERVICES FROM CONTINUED INCREASES IN THE NUMBERS OF OLDER PEOPLE.
- 23 INHABITED ISLANDS AT THE 2011 CENSUS.
- THE OLDEST IN THE POPULATION
- MAINTAIN WORKFORCE AS THE POPULATION OF WORKING AGE DECREASES
- 69% POPULATION (LIVE IN 'VERY REMOTE' AREAS (RURAL OR SMALL TOWNS) (2020)
- 45% OF SMALL AREAS ARE WITHIN THE MOST ACCESS DEPRIVED IN SCOTLAND.
- 12,000 PEOPLE AGED 16+ PROVIDE UNPAID CARE IN ARGYLL AND BUTE

OUR HSCP 8 STRATEGIC OBJECTIVES

- Reduce the number of avoidable emergency hospital admissions & minimise the time that people are delayed in hospital
- Promote health and wellbeing across our communities and age groups
- Support people to live fulfilling lives in their own homes for as long as possible
- Support unpaid carers, to reduce the impact of their caring role on their own health and wellbeing
- Institute a continuous quality improvement management process across the functions delegated to the partnership
- Support staff to continuously improve the information, support, and care they deliver
- #KEEPTHEPROMISE
- Efficiently and effectively manage all resources to deliver best value

BUDGET 2022/23 - £320.9 MILLION



Service Area	Percentage
Children & Families	15%
Older People social care	12%
Mental Health & Learning Disability & Physical Disability	10%
Commissioned Services incl NHS GG&C	8%
Dentists, Chemists and Opticians	7%
GP Services	7%
Hospital and Community Services	7%
Prescribing	5%
Public Health	5%
Management and Corporate	2%

HSCP SERVICE AREAS

- Children & Young People
- Older Adults
- Mental Health
- Primary Care
- Learning Disability
- Carers

Technology & Digital Strategy

Violence Against Women and Girls

Public Health

Compassion

Integrity

Excellence

Leadership

Respect

Continuous Learning

LIVING WELL STRATEGY

Our showcase strategy focusing on wellbeing, prevention and self-management to enable our people to live a healthier life.



ALIGNS TO 4 THEMES OF THE HSCP STRATEGY

The Argyll and Bute Living Well strategy (2019-2024) makes a commitment to support people living with long-term conditions and those at risk of developing them. The strategy focuses on supporting people to manage their own health and supporting communities to build groups and networks which can link people together.

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

The four themes:

- ★ **People** – People living in Argyll and Bute have the tools and support they need to support them to Live Well
- ★ **Community** – There are a wide range of local services to support people to Live Well
- ★ **Leadership** – Effective leadership is in place to support the delivery of the Living Well strategy
- ★ **Workforce** - Staff are able and motivated to support the people they see to Live Well

There are a wide range of actions included under each of the above themes and the full strategy, engagement report and implementation plan can be downloaded from here - <https://www.ablivingwell.org/living-well-strategy>.

£33K IN LIVING WELL SELF-MANAGEMENT GRANTS

Awarded to Third Sector Organisations in 2022-23 to promote priorities of:

- ★ SUPPORTING VOLUNTEER WELLBEING
- ★ REDUCING ISOLATION
- ★ HEALTHY WEIGHT AND ACCESS TO SUSTAINABLE FOOD PROGRAMMES

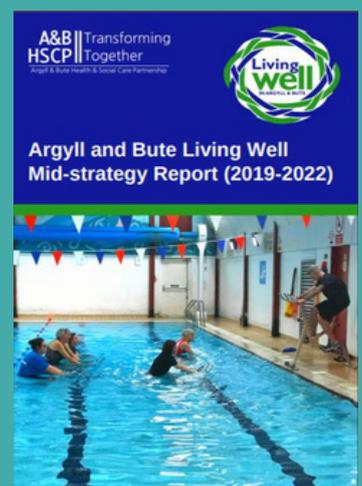
The following types of activities were funded by these self-management grants:

- ★ Volunteer peer support
- ★ Wellbeing Wednesdays for volunteers
- ★ Volunteer wellbeing and healthy eating
- ★ Circle of Befriending
- ★ Nourish to Flourish - Plant to Plate

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

The Living Well Strategy interim report demonstrated the wealth of work undertaken by Living Well partners, the Living Well Networks and the Living Well grant fund. The interim report reflects on the challenges of the COVID-19 pandemic and looks ahead to the future of Living Well, including the next steps for ensuring that people living in our communities are supported to Live Well. The full report can be accessed here:

<https://www.ablivingwell.org/s/Final-Living-Well-interim-report-rr66.pdf>



LIVING WELL NETWORKS (LWN)

Building capacity for health and wellbeing in our local communities.

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 coordination time (about 1 day per week) funded by Public Health.

A new model of delivery was piloted in 2022, this model was successful and will be implemented from April 2023. There are Coordinators in place in each locality and a new admin role to deliver the valuable engagement and capacity building work of the networks by working in partnership with a range of stakeholders, community members and Locality Planning Groups. Funding for the networks has been secured for two years. Further information and contact details for the networks can be found here: <https://www.ablivingwell.org/living-well-networks>

We would like to thank both Sandra MacIntyre and Kirsty McLuckie, who left post in 2022, for their dedicated hard work coordinating the Islay and OLI Living Well Networks. Islay is now led by Fiona Kalache/Lynn Johnstone from MAYDS and OLI by Carol Flett. Recruitment to the Helensburgh and Lomond Living Well Network Coordinator post took place in 2023.

LWN Priorities in Argyll and Bute, 2022/23:

In developing their workplan for 2022/23, 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 Network's own choice based upon the Public Health team's workplan.



Bute and Cowal LWN Coordinator:

-  **Dee James**
-  hwnbute@ab-rc.org.uk
livingwellcowal@ab-rc.org.uk
-  **07384463473**
-  facebook.com/ButeHWN
facebook.com/CowalLWN



BUTE LWN

100 LWN members

100 Facebook followers

Highlights 2022/23

 **ADP grant funding** was awarded to Lomond and Argyll Advocacy Service to facilitate a walking group for those within Bute's Recovery Community. It has given people a chance to get outdoors and have a chat. The group was very popular and is still going strong.

 Online GamCare training was provided by Margaret MacLachlan for network members this was attended by more than 20 people.

 The network has had many interesting guest speakers attend our meetings, these have included: MacMillan Cancer Support Worker, Paths For All, Generations Working Together, GamCare, Community Development, Rothesay Pavilion and Scottish Communities Climate Action Network.



Dee James

Highlights 2022/23

 This Fierce Love event was organised by the LWN Coordinator, ADP, ARC and Scottish Families – this was advertised and promoted rigorously.

 Various health screening tests provided by NHS Scotland highlighted over several weeks

 Cowal Living Well Network and TSI hosted a volunteer recruitment/information session to provide local groups with the opportunity to share information about their group and volunteering roles that they have with members of the community to encourage volunteering. 10 local organisations were represented.

COWAL LWN

90 LWN members

268 Facebook followers

The Cowal LWN Coordinator is fully involved in the development of the Cowal Hub and the Addictions Recovery Café (ARC) Steering Group. She attends all relevant meetings and sits on working groups to implement the MAT (Medically Assisted Treatment) Standards in Cowal.



The Islands and Oban and Lorn LWN Coordinator

 Carol Flett

 tcmhwn@gmail.com

 07753218327

 bit.ly/IslandsLWNFacebook
bit.ly/ObanAndLornLWNFacebook



THE ISLANDS MITCC LWN

89 Island based Network Members

141 Facebook followers

123 Mainland based LWN Partners

Highlights 2022/23

- ★ Supported Versus Arthritis to plan a Pain and Wellbeing Roadshow on Mull
- ★ Supported the HSCP roll out of the Island of Coll Community Survey 2022.
- ★ Highlighted local gaps and issues raised by LWN members at Locality Planning Group (LPG)
- ★ LWN Zoom meetings have increased the number of people attending and improved the ability for mainland-based partners to attend.

LWN meetings highlighted a range of support offered by mainland based partners including: Paths for All, Social Security Scotland, Bute Advice Centre, North Argyll Carers Centre, We are With You, Oban Youth Café, the Alcohol and Drug Partnership and A&B Council Children and Families team.

Carol arranged a reduced fee for mainland based LWN partners to advertise in local island newspapers. This included a three page article about the Living Well Network in both in both An Tirisdeach (Tiree) and Round and About (Mull and Iona) community newspapers,



OBAN AND LORN LWN

105 Facebook followers

Highlights 2022/23

- ★ Meetings have included presentations on “Challenging Poverty in Oban & Lorn” from Mandy Sheridan (Argyll & Bute Council) and Lydia Murphy (Poverty Alliance) and on gambling harms by Margaret MacLachlan from Gamcare.
- ★ LWN meeting brought together representatives from Paths for All and local walking groups to discuss working in partnership.
- ★ Meeting focussing on the challenges faced and support available for organisations affected by rising costs.

We would like to extend our thanks to Kirsty McLuckie who was the LWN Coordinator for Oban and Lorn until Carol took on the role in December 2022. We wish Kirsty well in her future endeavours.



Mid Argyll LWN Coordinator:

- Jointly covered by Fiona Kalache and Lynne Johnstone
- livingwell@mayds.org.uk
- 01546 603231
- bit.ly/MidArgyllLWN-Facebook

118 LWN members
76 Facebook followers



Fiona Kalache



Lynne Johnstone

Highlights 2022/23

- ★ Ran a community health and wellbeing event “New me in 2023” at Mac Pool in January, hosting stalls, soft play, using the pool, as well as yoga, reflexology, massage, belly dancing, tai chi taster sessions. This was attended by 85 people.
- ★ Developing a steering group of local organisations to coordinate the food bank in Mid Argyll.
- ★ Membership of the LWN has increased this year.

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



Kintyre LWN Coordinator:

- Tracy Chambers
- hwnlinkclub@gmail.com
- 07535036953
- bit.ly/KintyreLWNFacebook

86 LWN members
235 Facebook followers



Tracy Chambers

Highlights 2022/23

- ★ Represented the Kintyre Living Well Network at a Locality Planning Group meeting.
- ★ Regular LWN hybrid style meetings held (face-to-face and Zoom) give partners the opportunity to attend.
- ★ Supported the Versus Arthritis Self -Management Pain and Wellbeing event in Campbeltown which was very well attended by partners and members of the public.
- ★ The LWN had presentations from We Are With You, Lomond and Argyll Advocacy Service and the local Community Link Worker.

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

COMMUNITY LINK WORKING

Community Link Workers are based in GP practices and connect people to support or resources in their local area. Social issues such as debt, relationships, and loneliness affect people's health and wellbeing. Link workers work in a person-centred way to help people find the best support for their problems.

HIGHLIGHTS

We Are With You, has a strong understanding of the rural geography and is the organisation contracted to provide the Link Working service for Argyll and Bute.

92.6% of people who completed a wellbeing scale at entry and exit have recorded an improvement in their scores, with an average increase of 5.28%.

One year in, LWs have developed good relationships with community partners and are able to work increasingly flexibly to help support people with a range of different goals and action plans.

Top reasons for referral were mental health (52%), social isolation (14%), stress (14%), finance (10%), long-term conditions (10%), and housing/essential needs (14%).

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



The Community Link Working service is available in 13 GP practices in Argyll & Bute.

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

COOL2TALK

Supporting young people to access local or national services, health information, and providing a forum for discussing health and wellbeing matters.

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.

HIGHLIGHTS

Mid Argyll Youth Development Services (MAYDS) will deliver the service until March 2024.

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

- ★ 125 questions answered in 2022-2023.
- ★ 53 questions were asked about emotional health, 45 were about relationships.

STOP SMOKING

Reducing the harms from smoking in Argyll and Bute by implementing NHS Highland's Tobacco Strategy, and working towards the Scottish Government aim of Scotland being smoke free by 2034.

HIGHLIGHTS

Advisers have continued to deliver a quality service to help people to stop smoking with many appointments taking place face to face.

Advisers continued to support various health improvement events across the area in conjunction with other services e.g. Oral Health Week with Dental Services.

Advisers took on extra training to allow them to have informed conversations with clients about Public Health screening, for example, for bowel cancer.

The team developed health behaviours change skills allowing them to have better goal setting conversations.

Successful recruitment of two new team members.

Advisers promoted "No Smoking" day with stalls across Argyll and Bute.

QUIT YOUR WAY with our support



See also smokefreehighland.scot.nhs.uk

'SMOKE FREE' P7 EDUCATION PROGRAMME

Working in all primary schools using a drama production to raise awareness of the dangers of smoking.

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.

The Smoke Free team and Argyll and Bute's Education Department responded to feedback from schools to improve the P6/7 lesson plans last year. Current issues such as Black Lives Matter, vaping and the impact of smoking and vaping on the environment are now discussed by pupils.

In March 2023 the Smoke Free drama tour performed live for the first time since the COVID-19 pandemic. Raenbow Productions delivered Argyll and Bute's bespoke engaging and interactive production to pupils from 50 primary schools.



The "Smoke Free" drama tour performed live in 50 schools across Argyll and Bute.

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

Engaging with all Secondary Schools to deliver a drama production to address topical issues young people may have difficulty with.

HIGHLIGHTS

For the first time since the pandemic our S3 Health Drama Programme, You Are Not Alone, jointly led with Education, was delivered live in schools across Argyll and Bute.

The drama production consists of three vignettes that address issues including smoking and vaping, alcohol, sexuality, mental health, coercive relationships and sending nude photos.

Parallel support activity allows young people to discuss the issues raised in the drama, consider their own situations and supports, engage with service providers with a Q&A session and explore the issues further in class lessons.

Feedback from the schools and young people has been very positive.



- ★ 849 pupils participated in the S3 Health Drama Programme. Thanks to the wide range of partners for their support and contribution.

SEXUAL HEALTH

Improving sexual health and knowledge to minimise risk of Sexually Transmitted Infections (STIs), including HIV, and reducing health inequalities across Argyll and Bute via a contract with Waverley Care.

HIGHLIGHTS

Continued awareness raising of free condoms and the ability to order condoms by post for those living in Argyll and Bute.

More than 1000 condoms were distributed to people in Argyll and Bute during 2022 - 2023.

A number of people were supported following diagnosis of an STI.

Participation in S3 drama programme with information on condoms, demonstrations, and awareness raising of safe sex.



ONLINE RESOURCES

- ★ 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

SCREENING INEQUALITIES

Raising awareness of the importance and benefits of health screening with particular attention on people less likely to participate in screening.

HIGHLIGHTS

A Screening Engagement Officer was appointed in February 2023 to identify the barriers some groups and individuals face in participating in screening. The role has been promoted at partnership events enabling awareness sessions to be delivered to front line staff who come into contact with people who have not yet taken part in screening.

Stop Smoking Officers have been trained in public health screening so they can raise this issue with their clients. Smoking increases the risk of many cancers and promoting uptake of screening can help to reduce health inequalities.

Health Improvement staff across NHS Highland are developing an online Screening Training Module, which will be available to anyone in Scotland working with groups or individuals less likely to participate in screening.



Registering with a GP and ensuring address details are up to date is essential to ensure inclusion in NHS Scotland Screening Programmes



SUICIDE PREVENTION STRATEGIC GROUP

Coordinating a partnership approach to suicide prevention in Argyll and Bute.

HIGHLIGHTS

Bimonthly meetings continue with new chair, Jillian Torrens. Meetings are well attended with regular presentations given from guest speakers.

The Argyll & Bute Strategic Suicide Prevention Group are now attended by a Public Health Scotland Suicide Prevention Implementation Support representative helping to provide information, guidance and support.

Following on from the new National Suicide Prevention Strategy and Action Plan Creating Hope Together, work has commenced to develop a local action plan for Argyll & Bute. This will involve utilising the knowledge and experience of partners, communities and individuals.



Creating Hope Together

Scotland's Suicide Prevention Strategy 2022-2032

★ A new Scottish Government Suicide Prevention Strategy and Action Plan was published in 2022

MENTAL WELLBEING ENGAGEMENT

Gathering views from a range of people and partners about what support is available, and what support is required to improve mental health and wellbeing for people in Argyll and Bute.

HIGHLIGHTS

An engagement event was held in August 2022, views were sought on a range of issues including; what support is currently available, what more was necessary and how best to ensure minority groups were supported.

A key finding was that volunteers for organisations providing support felt fatigued. This finding informed the priorities for the Living Well self-management grants where organisations could bid for funding to support volunteer wellbeing.

Findings from the event were included in a response to the Scottish Government consultation on the new Mental Health and Wellbeing Strategy.



Mental Health and Wellbeing Strategy



MENTAL HEALTH FIRST AID FOR YOUNG PEOPLE

Delivering youth mental health and wellbeing training and how to support individuals to seek support and/or engage with services.

HIGHLIGHTS

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

23 people attended the online training from 15 different organisations. Those attending included staff from LiveArgyll, education and various third sector organisations.

Participants reported increases in:

- Confidence in asking if someone is having suicidal thoughts
- Understanding of their own mental health and wellbeing
- Confidence in challenging stigma
- Confidence in supporting someone to engage with appropriate services
- Confidence in approaching someone displaying mental health distress to offer support



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



3 First Aid for Youth Mental Health courses were commissioned and delivered online in January and March 2023 (each 4 x 2.5-hour sessions over a two-week period).

CHILD POVERTY ACTION GROUP

Tackling child and family poverty in line with Scottish Government targets to address child poverty by key dates of 2023 and 2030.

HIGHLIGHTS

The Independent Food Aid Network Worrying about Money leaflets have been distributed to range of health settings and community events, including Chronic Pain workshops.

They have been translated into Gaelic, Arabic, Ukranian and Polish and are available at:

<https://www.worryingaboutmoney.co.uk/argyll-and-bute>

Poverty Awareness Training has been provided. 32 participants from Argyll and Bute have attended Money Counts Level 1 awareness sessions in the last year

The team contributed to Argyll and Bute Child Poverty Action Plan review 2021-2022.



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.

MONEY COUNTS INCOME MAXIMISATION COURSE

Building the knowledge and confidence of staff and volunteers working with people that may benefit from support to maximise their income.

HIGHLIGHTS

The **Money Counts Income Maximisation Course (Level 1)** for Argyll and Bute was delivered 8 times in 2022/23 and attended by 32 participants.

Social media has been utilised and communications have increased with partner agencies to increase attendance. This has largely been successful.

The sessions are now delivered in partnership with colleagues from Argyll and Bute Council and Health Improvement colleagues based in North Highland, allowing more sessions to be delivered.

Attendees surveyed reported an increase in confidence in their 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.

PHYSICAL ACTIVITY GROUP

A partnership of people committed to incorporating physical activity messages and opportunities into day to day health and social care service delivery.

HIGHLIGHTS

Partnership work undertaken between the Physical Activity group, LiveArgyll, Macmillan, HSCP, and Third Sector Interface (TSI) to map future options for providing community based support for physical activity.

A business case to present options to address the lack of physical activity and exercise referral provision, by co-designing with communities.

Prevention programme based around the Living Well themes of Self-Management, Information and Support, Healthy Weight, Physical Activity, Emotional and Mental Wellbeing.

The group has now concluded and incorporated into the Living Well Board.



SOCIAL MITIGATION

Supporting recovery from the pandemic in the context of the impact on the wider social determinants on 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.



NHS Highland's Social Mitigation Strategy (May 2021) provided a framework for the cost of living impact that guided 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 2023.

Read the detail at: <https://www.nhshighland.scot.nhs.uk/media/dfu/hjuxc/item-12-social-mitigation-appendix-1-social-mitigation-actionplan.pdf>

HEARTSTART

Teaching basic emergency life support in the community and schools.

HIGHLIGHTS

Visited 13 schools and trained 408 pupils.

13 new school instructors and 16 staff refresher training.

274 members of the general public trained over 29 sessions.

5 new community instructors introduced and 5 instructor refresher training courses took place.

From April 2023 we have built up a very strong Cowal group of volunteers. Schools are booking in for sessions.



- ★ Volunteers given a certificate and badge in recognition of their support and years of volunteering.

EQUALITIES

Reporting on Equality Outcomes and Mainstreaming within NHS Highland as part of our statutory responsibilities.

HIGHLIGHTS

Staff from the Health Improvement Team contributed to the report which outlined work towards making NHS Highland an inclusive place to work and live.

Work outlined in the report included; money counts training delivery, screening inequalities work and the introduction of Planet Youth pilots in Argyll and Bute.

The report is published on NHS Highland's website.
Available at:
<https://www.nhshighland.scot.nhs.uk/about/publications-and-public-records/equality-and-diversity/equality-impact-assessments-and-reports/>



NHS Highland Equality Outcomes and Mainstreaming Progress Report 2021-2023

The report was approved at a meeting of the Board of NHS Highland on the 28th of March 2023.

HEALTH PSYCHOLOGY AND WEIGHT MANAGEMENT

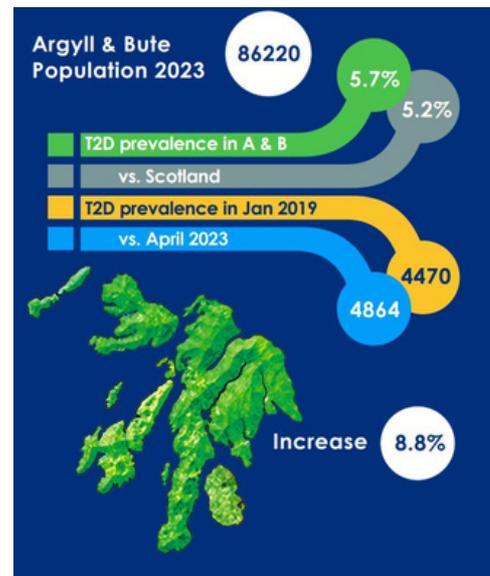
Integrating health psychology theory and practice in the weight management service in Argyll and Bute.

HIGHLIGHTS

The multidisciplinary pilot was developed in line with Scottish Government Type 2 Diabetes (T2D) Prevention Framework with the aim of improving effectiveness, equitability and consistency of weight management services for the people of Argyll and Bute.

The team employed evidence-based behaviour change tools and techniques, nutritional/psychological education and psychological interventions.

Baseline data indicate that clients had significantly high levels of anxiety and depression, as well as important challenges around their wellbeing and daily functioning as a result of their weight, the physical and psychological impact, and the impact of longstanding negative dieting history.



Preliminary data indicates significant reductions in anxiety and depression scores, as well as improvements in wellbeing and functioning.

Giulia Spaltro had a poster submission accepted for the Division of Health Psychology Annual Conference 2023.

MAP OF HEALTH BEHAVIOUR CHANGE TRAINING

Delivering health behaviour change training across NHS Highland

HIGHLIGHTS

This learning programme is for any professional whose role involves helping people to make positive health and behaviour related changes

It provides a guide to structure behaviour change conversations and evidence-based behaviour change techniques (BCTs) which help people do things differently.

Several colleagues across NHS Highland completed the MAP training for trainers and are now rolling out the learning programme to a wide range of health and social care staff groups.

MAP Training is delivered virtually over two half days, following completion of pre-learning tasks



- ★ MAP training course dates available on NHS Highland Turas page: <https://learn.nes.nhs.scot/67147>
- ★ You can watch a short video for a summary of the Learning Programme at: <https://vimeo.com/354888116>

ARGYLL & BUTE ALCOHOL & DRUG PARTNERSHIP (ADP)

Preventing and reducing alcohol and drug use, harms and related deaths in Argyll and Bute.



The ADP would like to give thanks to John Owen, who held the role of independent chair for 7 years and wish him a fond farewell in his ventures new. The ADP were delighted to welcome Fiona Davies, the Chief Officer of Argyll and Bute HSCP to the role of interim chair.

A commitment to young people's services continued to be a priority for the ADP; funding for Cool2Talk, the S3 Health Drama Tour and School Support Services. The ADP remained fully committed to the implementation of Planet Youth, an Icelandic model for substance use prevention which commenced in two schools, providing valuable research and a basis on which to roll out the community and collaborative approach to other schools.

The multi-agency Residential Rehabilitation Group implemented the newly developed Argyll and Bute pathway. Fourteen people were funded through residential rehabilitation helping with their recovery journey which includes other valuable life skills and supportive social networks.

The ADP Support Team worked in partnership with the community, statutory and third sector organisations to support the development of The Hub and Recovery Café in Dunoon.

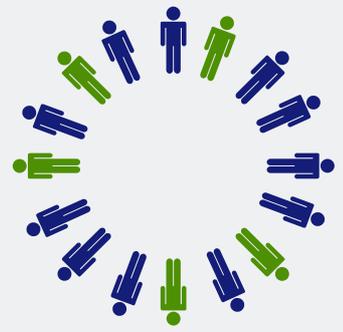
The Scottish Government's standards for Medically Assisted Treatment (MAT) were implemented as a test of change pilot within Cowal, adopting a rights based approach and providing developments in service provision, prescribing, service access, satellite recovery services.

We Are With You (WAWY), commissioned by the ADP, continued to provide community based addiction recovery services, delivering outreach and person centred support to people with drug and alcohol problems. WAWY also delivered CRAFT (Community Reinforcement and Family Training) programmes, Naloxone Training and support the delivery of MAT.

The ADP hosted a Strategy Refresh in person event which welcomed 40 attendees from partner organisations and those with lived experience. The engagement resulted in a Strategy Refresh for 2023 to 2024 and an action plan.

Argyll and Bute became the first area in Scotland to establish an advocacy service for people in recovery delivered by people with experience of recovery. Lomond and Argyll Advocacy Service (LAAS), advocates worked closely with the substance use support teams in localities, supporting the needs of their communities and encouraging people to access the types of supports that enable their recovery journeys.

THE ARGYLL AND BUTE PUBLIC HEALTH TEAM



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Health Improvement
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Public Health
Intelligence (PHI) Team

Alcohol and Drug
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Health Improvement Team

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A special note to those who have now moved on to new opportunities including Sarah Griffin, Lynsey Gates, Mandy Allison, Kirsty McLuckie and Jill Denton. We wish them all well in their future endeavours.

We also extend congratulations to those promoted, and a warm welcome to the new additions to the team.

Health Improvement Team continued...

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Plus our Bank Health Improvement Seniors from Spring 2022, who have provided additional capacity to respond to changing Public Health demands.

The 'Smoke Free' Team:

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Gerard Dougan

Smoking Cessation Officer (Part-time)

Areas covered: Helensburgh and Lomond

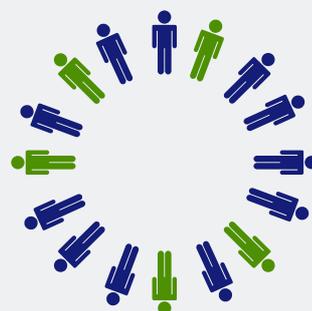
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Health Psychology

Giulia Spaltro

Trainee Health Psychologist

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Public Health Intelligence Team

Saskia Schmitz (from 2023)

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Vacant

Public Health Intelligence Assistant (Part-time)

The Public Health Team's presence online

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



www.ablivingwell.org



@HealthyArgyllandBute (facebook.com/HealthyArgyllandBute)



NHSH.ABhealthimprovement@nhs.scot



Alcohol & Drug Partnership (ADP) Support Team

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The ADP's presence online:



argyllandbuteadp.org.uk



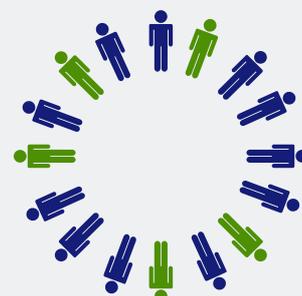
@ArgyllandButeADP (facebook.com/ArgyllandButeADP)



@ArgyllADP (twitter.com/ArgyllADP)



NHSH.argyllandbuteadp@nhs.scot



USEFUL CONTACTS AND LINKS

If you are struggling or need advice you can contact any of the organisations below for help.

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
Freephone
0800 22 44 88

Tel. 111 **NHS 24**

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

LanguageLine® Interpreting™

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

scotland's domestic abuse and forced marriage helpline

www.sdafmh.org.uk
Tel. 0800 027 1234

LGBT foundation www.lgbt.foundation
Tel. 0345 330 3030

citizens advice bureau

For financial or legal concerns
www.abcab.org.uk
Tel. 01546 605 550

Children 1st Parentline
Online | Helpline | Lifeline
call free 08000 28 22 33

GamCare Gambling support at: www.gamcare.org.uk Call free: 0808 8020 133



living life to the full

