



Argyll and Bute Living Well Mid-strategy Report (2019-2022)



Contents

- 1 Introduction
- 2 Impact of COVID-19 on Living Well in Argyll and Bute
- 3 Overview of action plan progress
- 7 Living Well Community Capacity building activity
- 16 Physical activity
- 17 Healthy weight
- 19 Emotional and mental wellbeing
- 21 Access to information & support (signposting)
- 22 Partner activity - Versus Arthritis
- 24 Strategic progression
- 25 Next steps

Introduction

I'm delighted to introduce the Argyll and Bute Living Well Strategy interim report, marking half-way through the five year Living Well Strategy which was launched in 2019. The strategy is due to run until 2024 however this report is an opportunity to demonstrate and celebrate the wealth of work undertaken by Living Well partners, the Living Well Networks and via the Living Well capacity building fund over the first 2.5 years of the strategy. It also allows us to reflect on the challenges of the COVID-19 pandemic and how this impacted on self-management and our communities. Finally, this report looks ahead to the future of Living Well and the importance of its links to the Argyll and Bute Health and Social Care Partnership (HSCP) Joint Strategic Commissioning Strategy (JSCS) and Joint Strategic Plan (JSP).



Fiona Davies
Chief Officer
Argyll and Bute HSCP

Living Well makes a commitment to support people living with long-term conditions and those at risk of developing them. We know that everyone can benefit from Living Well activities and support, even those who are already living healthy lives. Living Well promotes community, information, support networks, planning in advance for any health problems that might come up, and person-centred care. In doing so, the actions of the strategy will build up people's capacity to know and manage their own health.

The strategy was developed following extensive engagement and consultation with our communities, our staff and our third sector partners, and so reflects what people told us was needed to improve self-management across Argyll and Bute. You can read more about the strategy, the implementation plan and this engagement at: [Living Well Strategy — Living Well \(ablivingwell.org\)](http://ablivingwell.org).

The Living Well Implementation Plan aligns to the 2019-2022 Argyll and Bute HSCP strategic intentions under 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
- Workforce - Staff are able and motivated to support the people they see to Live Well
- Leadership – Effective Leadership is in place to support the delivery of the Living Well strategy

These themes are still relevant in the new Argyll and Bute Health and Social Care Partnership Joint Strategic Commissioning Strategy (JSCS), which is for everyone in Argyll and Bute who requires health and social care services. The JSCS sits alongside the Joint Strategic Plan, which covers the same period of time. The delivery of high quality, person-centred health and social care services is fundamental to achieving the vision of these plans.

I hope that you enjoy reading about the strategy, its progress, and its future.

Impact of COVID-19 on Living Well in Argyll and Bute

Progress on the implementation of strategy was significantly impacted by the COVID-19 pandemic, with many support services halted between mid March 2020 to mid August 2020. COVID-19 had a particular impact on the Living Well Community Capacity fund activity, with several of the grant funded projects having to modify or stop their planned work. However some developments continued and successfully developed innovative digital and virtual solutions to ensure as many people as possible were able to access support. The pandemic continues to impact on the LW implementation plan in particular around face to face support and workforce development.

Throughout 2019-2021 the Living Well themes remained as:

People in Argyll & Bute have the tools and support they need to support them to Live Well

There are a wide range of local services to support people to Live Well

Staff are able and motivated to support the people they see to Live Well

There is effective leadership to support delivery of Living Well strategy

The implementation plan was however reprioritised in August 2020 to reflect the impact of the pandemic and lockdown on people living in our communities. The work in 2020-2021 focused on:

Physical activity

Healthy Weight

Emotional and mental wellbeing

Access to information and support

Action Plan Progress: Years 1 & 2

We Aim To:

Highlight the importance of self-management and, to ensure that we have the structures in place to support people to self manage effectively, with the right information, services and support when they need

People in Argyll & Bute have the tools and support they need to support them to Live Well

- * Devised and promoted a signposting health and wellbeing resource leaflet
- * HSCP PC Link worker models scoped and developed for A&B
- * Promoted social media campaigns to promote health and wellbeing resources
- * Healthy Living Partnership held a pain event in Inveraray in February 2020
- * Virtual resources to maintain delivery of self-management courses and pain events developed (Healthy Living Partnership)
- * Self care tool developed and tested in partnership with ACUMEN, and subsequently funded for 1 year from the Living Well community capacity fund
- * Self management plans trialled at Strachur hub and in use with all self-management courses across A&B
- * Updated our resources on the national service directory & promoted NHS Inform regularly

Action Plan Progress: Years 1 & 2

There are a wide range of local services to support people to Live Well

- * Health & Wellbeing Networks were rebranded as Living Well Networks and supported the Living Well Strategy by selecting a local priority from the Living Well Implementation Plan. There are 8 Living Well Networks supporting community capacity building in health and wellbeing across Argyll and Bute. Further information is available on page 4 of the [Public Health Annual report](#).
- * Living Well Community Capacity fund awarded £69,973 in 2019-2020 and £76,000 in 2020-2021 to projects and services which met the aims and outcomes of the Living Well strategy
- * Increased access to physical activity, including virtual and new physical activity pathways between HSCP & 3rd sector developed
- * Developed and managed the Emotional Support Service as part of a joint Caring for People response
- * In partnership with Acumen, developed an emotional support survey
- * Three LW grants for mental health engagement activity awarded to inform local service development
- * Virtual sessions held for healthy weight and Type 2 Diabetes Prevention and access to several digital apps



Action Plan Progress: Years 1 & 2

Staff are motivated and able to support the people they see to Live Well

- * Identified and promoted relevant training and development courses such as reflective practice and health behaviour change courses
- * Five reflective practice sessions on person-centred care held across Argyll and Bute
- * A development day was held in March 2020 to explore potential development of a coaching model and networks to support staff in person-centred care
- * NHS Education for Scotland Health Behaviour Change train the trainer sessions held and a new model of training commenced
- * Education session held in June 2021 on healthy weight & Type 2 Diabetes prevention

Action Plan Progress: Years 1 & 2

There is effective leadership to support delivery of the Living Well Strategy

- * Buy in and support at all levels including Integration Joint Board, Senior Leadership Team, Strategic Planning, Community Planning Committee and third sector partnerships. Presentations and awareness raising take place at all of these groups
- * A steering group is in place for the governance of the strategy
- * Developed a brand and logo for Living Well and promoted activity and progress at every opportunity
- * Links made to related HSCP work streams and action plans, such as Type 2 Diabetes, weight management and physical activity
- * Argyll & Bute Alcohol & Drugs Partnership strategy now more linked to the Living Well strategy
- * Living Well networks have Living Well and ADP strategy priorities on their improvement plans

Living Well Community Capacity Fund

2019/20



£70,000 allocated to:

- Carefree coordination and planning app
- Link worker role Islay
- Outreach worker Jura
- Advocacy and exercise referrals to support self-management
- Aqua Cycling and All Ability Cycling
- Pilot online physio, via MS Centre
- Physical activity for people with Type 2 Diabetes with outcomes measured

Jura Care Centre - £3000

*** Funding of an outreach worker 12 hours / week based in the Care Centre on Jura**

The outreach worker was to assist older people with long or short-term health conditions to live well in their own home by helping them to access services and activities beneficial to their physical and mental wellbeing. The outreach worker would also build working relationships with HSCP Partners, attend local HWN Network meetings and make stronger links with organisations of interest on Islay such as the Link Club, Chit Chat and Seniors Forum

*** The project:**

- Addressed residents' social isolation, helping to improve mental health and wellbeing.
- Helped to combat social isolation & loneliness by paying visits to elderly residents of Jura for a chat, bringing them to the weekly lunch club, assisting with shopping and enabling residents to attend church, medical appointments and to get to the airport for consultation appointments on the mainland.
- Enabled support for the community power cut action plan with the outreach worker checking on residents' power cut preparation, checking on vulnerable persons and bringing supplies or taking them to a place of safety during a power cut and checking on residents afterwards.

**Highlights from
some of the
community
projects can be
found on the
following pages**

Living Well Community Capacity Fund

2019/20



Mid Argyll Community Pool - £14,500

- * All Ability Cycling was a joint project between Mid Argyll Community Swimming Pool and the Ardrishaig Bothy run by Cycling UK.
- * The aim was to get people enthusiastic about exercise by providing fun and practical activities, expanding on Mid Argyll's access to physical activity, improving community networks, reducing social isolation in a positive, supportive and social setting.
- * Building on existing services, including introducing Aqua Cycling and being the "next step" on the road to recovery following hospital discharge.
- * Creating an environment and evidence base of the need to deliver further All Ability Cycling within Mid-Argyll working towards a permanent All Ability Cycling Hub.

* The project delivered:

- Demonstration of the equipment to key organisations such as MS Centre, Dochas Centre, HSCP, Primary Care, Physiotherapists. All now now have first-hand experience and can recommend activities to service users.
- Fully booked classes. Although these were unfortunately suspended due to the pandemic, Aqua Cycling classes will be resumed once the MACpool reopens.
- The adapted bikes from Blazing Saddles were rescheduled for the end of lockdown.
- The low step-through bikes were borrowed by key workers for commuting and the public for exercise during lockdown.

"The equipment and training has proved to be invaluable and will continue to enable the community to enjoy exercise for many years to come."



Living Well Community Capacity Fund

2019/20



Lomond & Argyll Advocacy - £21,000

* Long-term Conditions Advocacy project aimed to make a lasting difference in the lives of those in the community enabling them to live longer, healthier and more independent lives and making a lasting difference in the Helensburgh area.

* The project was designed to enable anyone aged 16 and over in the Helensburgh area, living with a long-term condition, to access support of an advocate and to develop self advocacy skills through training. It would encourage increased physical activity and community connections by individual referral to a variety of local fitness, health and wellbeing services.

* Clients would be supported with the self-management toolkit by attending Self Advocacy Skills workshops or one to one sessions with worksheets and advocacy activities.

* **The project delivered:**

- Opportunities for clients to find out more about LiveArgyll's fitness scheme, with subsidy option for some of the classes.
- Chance to take part in Self Advocacy Skills workshops and Pain Toolkit available for those with long term conditions.
- However, opportunities to develop links and support people to take up these classes and schemes slowed, with the project significantly impacted due to COVID-19. Many with long-term conditions were shielding and at this stage of the pandemic, online options for many were limited.
- The project continued to offer assistance to people through sharing information with groups & promoting the service.

"Once lockdown started all our plans had to change along with every other service being delivered to individuals."

August 2020 | What's Up Doc?



REMEMBER HELP IS HERE

An independent advocacy for adults wants to remind people that they are still working.

Although lockdown has meant the Lomond and Argyll Advocacy Service staff have been based at home, they are still on the end of a phone or on-line and able to help.

Advocacy worker Jane Rolling said: "We want to remind people in the Helensburgh and Lomond area that we are here and that we are completely independent and free.

"Advocacy is about helping people speak up and it is about enabling and assisting in times of stress.

"Our service is specifically aimed at people with long-term health conditions, sign-posting them to

other services that may help them to live well or listening when they feel no one is.

"We urge people to get in touch if they feel they need some help."

The Lomond and Argyll Advocacy Service, which operates as a charity, has received funding through the Health & Social Care Partnership.

To find out more see www.laas.org.uk or call 01546 606056, 01389 726543 or 07387 090048.



Living Well Community Capacity Fund

2019/20



MS Centre - £7421

* Funding to work in partnership with Giraffe Healthcare to deliver one to one physiotherapy assessments for people with long-term conditions and online physiotherapy programmes individually tailored to suit each person's needs

* Online physiotherapy programmes individually tailored to suit each person's needs
A weekly physiotherapy class in the MS Centre to offer extra encouragement, motivation and peer support

* **The project delivered:**

- Individual assessments were carried out and classes started before the start of Covid. After the unit was closed due to the pandemic, classes were moved online using social media platforms. Social media enabled the activation of peer support to connect individuals and to keep the group motivated.

"We greatly value the benefits of online physiotherapy and have seen the positive results in participants. For the MS Centre's particular group of individuals we recognise the need for the individual programme coupled with access to a peer support class to gain maximum positive health benefits."

Shopper Aide - £4930

* This project aimed to pilot a new project where older people are encouraged to keep fit both physically and mentally by keeping a diary record of their daily routine and be inspired to increase movement and social interaction.

* The health benefits to date have been that a few of the clients now enjoy social activities and have improved confidence so much so that they now want to go out with friends, family, attend elderberries group and church lunch club when they can.

* Others have found they can walk a bit further, to be able to use and lift their arms higher, as well as increased emotional wellbeing.

Living Well Community Capacity Fund

2020/21



£76,000 allocated to:

- Supported self-care planning to improve mental health and wellbeing
- Strength and balance activities
- Active ageing events
- Increased support for wellbeing within link clubs
- Living Well project coordinator to increase physical activity for long-term conditions
- Self-management workshops on managing fatigue, healthy eating and physical activity

Kintyre Link Club - £5000

*** Funding to provide additional support for mental health and wellbeing challenges experienced during COVID-19.**

The funding would be introducing some alternatives to meeting as a group indoors. This would include adding Eco Therapies to our programme, encouraging new and existing club members to experience the great outdoors. This would allow us to be able to meet with each other in a secure and safe environment, learn new skills, share experiences and rebuild the friendships established before lockdown.

*** The project:**

- Reached out to existing members and older members of the community suffering from poor mental health and offered Zoom and Facebook chat room sessions
- Encouraged members to meet outdoors and get involved with the many walks around the town where they discovered new and exciting reasons to be outside, they discovered new areas of the town, enjoyed chatting with each other, collected items for creative activities, enjoyed some photography and challenged themselves to walk at least 5k each time.
- Between 5 and 12 members attended these walks throughout the year and have since continued to walk together 2-3 times every week.

“Being able to meet outside with other club members was so important to me and my friends in the club, we felt so lonely being shut indoors for so long”



Living Well Community Capacity Fund

2020/21



LiveArgyll - £14,406

* This project will involve an online 1:1 and group holistic wellbeing programme that will include fitness, yoga and gentle exercises, mindfulness, breathing techniques, nutrition advice and behaviour change coaching. The area based fitness teams will continue to deliver the Argyll Active Programme within LiveArgyll facilities.

* One-to-one session delivery will include a twelve week programme, with follow up calls at 6 months and two years. Group sessions will take place weekly with a maximum of 6 participants per session for the duration of 12 weeks. The sessions will include an exercise component of 30-45mins, followed by a social aspect with time for peer-to-peer support, with themed educational health, wellbeing and self-management strategy topics.

* The project delivered:

- There were 288 referrals into the service
- The main emerging strength to be taken from this programme is the benefit of one-to-one telephone support, made possible by the funding of the Health and Wellbeing Coordinator post.
- Those who took part in the pre-existing, ArgyllActive in-facility classes, benefitted from an hour-long support call, which included elements of behaviour change, encouragement, empowerment and education towards self-management.
- Participants in the online sessions found the telephone support and online sessions helpful, and said their physical activity levels had improved.
- Both the online gentle movement, and one-to-one sessions, have been allowed to run continuously for those who need it. Many participants have continued well beyond the initial twelve week programme, showing the importance of providing a safe space and sense of stability during times of change and uncertainty.

"The friendly online one-to-one sessions give me confidence to exercise appropriately for my specific issues"

"I would recommend this to anyone who was in my position at the start. Gave me motivation to do this. I would like to thank my trainer Sara for all her support"

Living Well Community Capacity Fund

2020/21



Grey Matters- £6000

- * This project aimed to continue work addressing loneliness and isolation in elderly people by developing activities in the newly acquired Active Aging Centre and by employing a Development Manager to oversee the activities and running of the centre.
- * The project delivered:
Activity bags were supplied during lockdown reaching 114 people.
- * The activity bags were combined with online groups via zoom, a Facebook group, a messenger group and also via telephone befrienders.
- * The packs offered a common interest and something to talk about. The growing of plants and vegetables proved a real talking point and although this was carried out virtually, people were able to share photos and tips and plan for the future. The different sets of packs over the months were really well received.

"Having something to do and to look forward to really got me through the last few months. I live on my own and I hate to think what life would have been like without the interaction with the group,
Thank you!"



Living Well Community Capacity Fund

2020/21



Acumen - £19,906

- * Working in partnership with charities Support in Mind and the Argyll & Bute Listening Service, this project aimed to deliver a new project to deliver a Supported Self Care Planning (SSCP) initiative throughout Argyll and Bute
- * The SSCP aimed to better connect people with assets in their local communities to encourage them to take a holistic approach to their wellbeing
- * The project promoted answering five questions in ACUMEN's self-care plan template, which could help create a plan to stay ok. The resource can be accessed online here - <https://sscp.ramh.org/>



* The project delivered:

- 460 people accessed the SSCP website to create their own individual care plan and 33 individuals worked with Acumen staff to do their personal care plan. Eight individuals were referred to The Listening Service at The Lade Centre for counselling.
- SSCP presentations were delivered to 9 organisations with 64 participants and contact made to all GP surgeries raising awareness of the service.
- Training was given to staff in other organisation on how to support their clients to fill in their individual care plans.
- New branding has been created to help promote the service which is based around the concept 'Give Yourself A Hand'. Electronic and hard copies of the poster and flyers have been issued to various partners through the Mental Health Forums, Living Well Networks, social media and elsewhere.

Living Well Community Capacity Fund

2020/21



Cowal Elderly Befrienders - £10,069

* Aims to offer outreach strength and balance activities throughout Cowal and Bute to elderly residents at risk of loneliness and social isolation, particularly exacerbated by health factors which can lead to a reduction in mobility, a loss of confidence and increased isolation.

* **The project delivered:**

- 272 people were regularly supported in 2021.
- 1722 home visits were undertaken providing 484 individual outings.
- 134 individual walks or exercise sessions took place.
- 402 hours were dedicated to increasing strength and balance.
- All staff completed a certificated online training course with Paths for All: 'Strength and Balance for the Frailer Elderly'.
- Around 50% of clients (136) were regularly encouraged and supported and engaged in regular exercise activity based on the exercise programmes we had suggested would be most suitable for them.
- By March 2021, 19 older people were regularly assisted with regular accompanied walking activity.

"Thank you very much for the exercise leaflet, I am finding the exercises both beneficial and enjoyable"

MS Centre - £10,754

* This funding allowed for four structured self-management workshops to improve the health and wellbeing of participants, including managing fatigue, increasing physical activity opportunities, prevention of Type 2 Diabetes (healthy weight) and supporting emotional and mental wellbeing.

* Participants became better equipped with "tools" to help them improve their own life journey by looking at ways to improve their own health and wellbeing. They were shown how to cope better with internal and external Change, how to communicate effectively, how to reduce negative inner voice chatter, how to improve their relationships with others and Boosting Self Esteem.

* *"Talking to you all today I realise I had forgotten who I was, this course will help me find the real me again."*

Physical Activity

The Physical Activity subgroup was initially formed following work undertaken to support those asked to shield during the coronavirus pandemic. Argyll and Bute had around 3000 people asked to shield, with over 2300 who were 55+. These individuals were identified as a group at risk of losing mobility and requiring support with physical activity. This is particularly relevant to those older adults who are shielding. There was an opportunity at this point to provide some useful information around exercises and coping strategies for reduced physical ability, and to set up a referral pathway for those experiencing substantial difficulty.

Following this work, a multi-partner Physical Activity Group formed as a subgroup of the Living Well Steering Group. The group would work towards developing a strategic approach to support more adults to engage in physical activity for health and wellbeing benefits in Argyll and Bute.

1. Communication & Engagement Strategy

Communications plan was developed, focusing on those most at risk and using learning from research on physical activity messaging for specific groups. Regular social media communications from Paths for All and Movement for Health (e.g. Around the house in 80 days) were issued.

2. Education and behaviour change training

A brief review of training was carried out to assess what workforce training was available and appropriate to enable staff to encourage physical activity/movement. An immediate need for physical activity staff to be trained was identified. NHS Education for Scotland provided a one-off training session on Health Behaviour Change for LiveArgyll staff in May 2021. A new Trainee Health Psychologist post will support the development and roll out of further training. Public Health Scotland Encouraging and Enabling Physical Activity e-learning module was also promoted.

3. Link across sectors and maximise resources

The Keep on Moving pathway was developed, which strengthens connections between local Physiotherapy teams and LiveArgyll Fitness Coordinators. The ultimate aim of this pathway is to ensure that those at risk of reduced mobility, increased frailty and falls, have access to the appropriate level of support via both Physiotherapy teams and LiveArgyll classes/1-1 support. There is a need to ensure that LiveArgyll Fitness Coordinators feel confident and supported in working with those more vulnerable groups. Argyll Active programme was in place for 2021-22 and this pathway was been developed and promoted.



Healthy Weight and Type 2 Diabetes prevention

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

* Both adult and paediatric healthy weight prevention and intervention activity is supported with a tiered approach to weight management services including prevention and self-management programmes, in addition to intervention programmes offered in both group and individual settings.

* All referrals to this service are triaged by dietitians, who have 1:1 discussions with all clients referred into the service, via telephone or Near Me, and direct them to the most appropriate service.

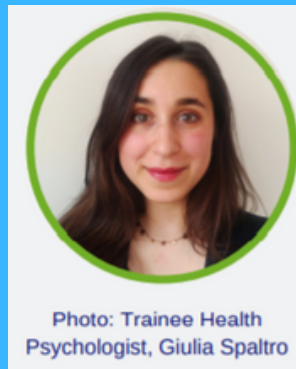
- Self-referral voicemail: 01631 789 041
- Self-referral email: nhsh.dietitiansdirect@nhs.scot

* Developing digital resources was a significant focus from 2019-22, with the aim to improve accessibility and maximise reach.

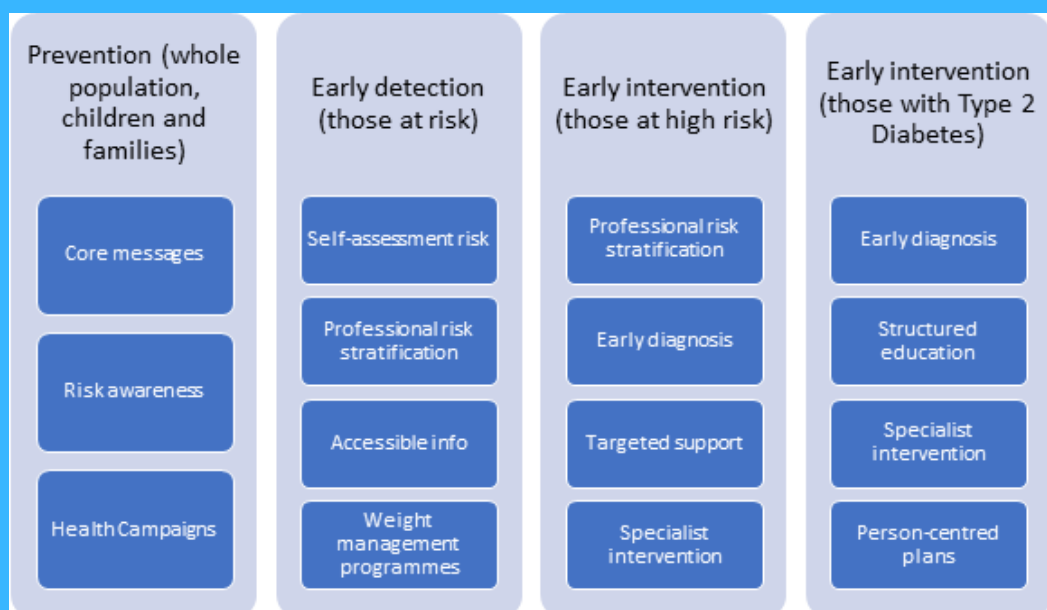
* The service was awarded the **British Dietetic Association Digital Innovation Award 2021** for the implementation of a digital healthy weight and Type 2 Diabetes Prevention service in Argyll & Bute HSCP



Healthy Weight and Type 2 Diabetes prevention



- * In February 2022, Trainee Health Psychologist, Giulia Spaltro joined the HSCP as part of a joint programme of work between Living Well and Healthy Weight/Type 2 Diabetes Prevention. This was following a successful application to NHS Education for Scotland for joint funding of Argyll and Bute HSCP's first Trainee Health Psychologist.
- * Health Psychologists 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.
- * 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).
- * Giulia will also support the remobilisation of NHS Education for Scotland MAP (Motivation, Action and Prompts) of Health Behaviour Change Training (will be available 2022-23).



A Healthier Future: Type 2 Diabetes Prevention, early detection and intervention: framework 'at a glance'

<https://www.gov.scot/publications/healthier-future-framework-prevention-early-detection-early-intervention-type-2/pages/2/>

Emotional and Mental Wellbeing

In September 2020 ACUMEN in conjunction with the Public Health team carried out a survey of residents of Argyll and Bute. The aim of the survey was to gain insight into the impact of the COVID-19 pandemic on mental wellbeing. In March 2021 funding was identified to carry out further engagement work regarding mental wellbeing and access to support.

Three organisations, ACUMEN, Support in Mind Scotland (SiMS) and Jean's Bothy, were awarded grants by Argyll & Bute HSCP to conduct engagement activity between March and September 2021. Engagement was targeted at specific groups of people including; people with known mental ill health, carers, island communities, members of existing groups (Jean's Bothy) and members of the LGBT+ community.

The aims of the engagement work included:

- Carrying out engagement activities with:
 - People who have mental health conditions to learn about their experience of accessing community support, peer support and support groups.
 - People accessing statutory mental health services to learn about their experience of accessing these services.
 - People with mental health conditions to establish how the pandemic affected them.
- HSCP staff to explore what could be done to improve access to mental health and wellbeing support for our population.
- Scope community empowerment, what this means and how it can be further developed.

Each organisation focussed on different populations within Argyll and Bute and used varying engagement methods. ACUMEN engaged with people known to services and their carers, SiMS engaged with a small cohort of people from; island communities, men's groups and LGBT+ groups and Jean's Bothy engaged their members. All organisations reported that the pandemic had mainly impacted negatively on respondents' mental wellbeing, however a small number of people indicated there had been positive aspects such as enjoying places being less busy.



Emotional and Mental Wellbeing

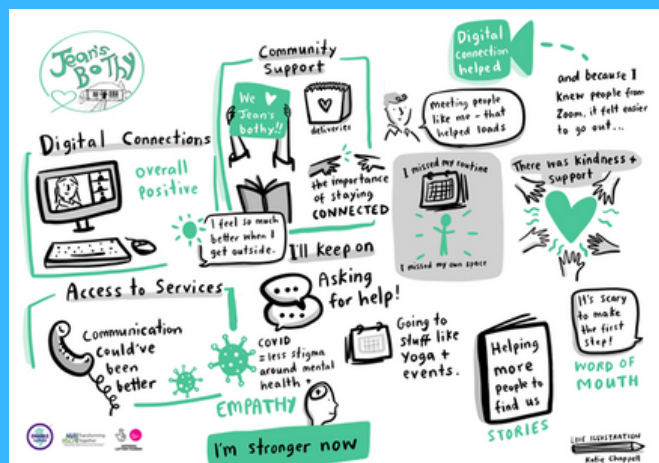
Recommendations

Throughout the responses gathered there are clearly aspects of services to be improved, however, responses also highlighted the assets that exist throughout communities in Argyll and Bute. Argyll and Bute has the natural assets for maintaining and improving mental wellbeing in the people who live here. It also has many willing organisations and groups committed to improving the wellbeing of others in their community.

1. Share findings and recommendations from this report with relevant groups such as HSCP colleagues (heads of service, team leads, staff and professional leads), Area Community Planning structures, the Living Well Steering Group and the Prevention Programme of the HSCP's Transformational Board.
2. Form a steering group including community representatives, third sector organisations and HSCP members with a remit to develop a strategic approach to implementing the next steps. This should align with the Scottish Government's strategy for mental health. The next steps should also take advantage of other national activity such as the Communities Mental Health Fund and the Mental Health in Primary Care programme.
3. Identify what the community does to improve mental wellbeing – including asset mapping services and organisations with a remit for mental wellbeing in Argyll and Bute. This is being progressed via the HSCP's Prevention Programme with support from the Public Health Team.
4. Aspire for equity of provision of community-based support, but recognise this may be different across local communities e.g., would the Jean's Bothy model work elsewhere, and what support would be required. This aligns with the co-production and capacity building intentions of the HSCP's Joint Strategic Plan.
5. Continue engaging with stakeholders and community members in a planned way in accordance with the HSCP's Engagement Framework. This should include clear methods of communication.
6. Review equality and diversity responsibilities, for example conduct an Equality Impact Assessment. Specifically consider how to create a more supportive environment for the LGBT+ community.

This graphic illustration from Jean's Bothy encapsulated many of the issues faced and experiences of people during the pandemic:

SiMS created a documentary entitled "Voices Seldom Heard" available at: <https://vimeo.com/726720153>



Access to information and support (signposting)

- * Signposting health and wellbeing leaflet was developed and promoted widely. This has now now been updated for 2022 and a communication plan is in progress.
- * The Argyll and Bute Healthy Living Partnership held a successful event for those living with Chronic Pain in February 2020. A further pain conference is planned for June 2022.
- * Resources on National Services Directory (NHS Inform) updated every 6 months.
- * New Living Well website (www.ablivingwell.org) developed

A New model of **health behaviour change** training for staff was developed and implemented in 2019. More information about this NHS Education for Scotland (NES) MAP of Health Behaviour Change training can be found here- Watch The MAP of Health Behaviour Change animation: <https://vimeo.com/354888116>.

Between October 2019 and March 2020, 46 people and 3 trainers were trained before the training was paused due to COVID-19. Work is currently underway to remobilise this training with support from NES and a Training for Trainers session is planned for June 2022.

In addition:

- In 2019/2020, 5 reflective practice sessions held across A&B
- A Public Health 'Health & Wellbeing Development Day' in September 2019 re-introduced health behaviour change tools and techniques to staff and volunteers working across Argyll and Bute.
- In 2020, a development day was held in March 2020 to explore potential development of a coaching model and networks to support staff



Argyll and Bute **Community Link Working (CLW) Service** was awarded to We Are With You in 2021. Part of Primary Care Modernisation, CLWs support people to improve their health and wellbeing through helping them to pinpoint the underlying causes of poor health and wellbeing. These can include loneliness, unemployment or money worries, worrying about debt and housing among other. This service is now available in 12 GP practices across Argyll and Bute.

Partner activity - Versus Arthritis

ACTIVITY IN ARGYLL AND BUTE OCTOBER 2019- MARCH 2022



Self-management courses

Delivery of our self-management courses ceased in March 2020 due to COVID-19. The course was redesigned and bite size self-management sessions were developed and planned. Delivery was mainly virtual due to the pandemic. We delivered: 3 self-management courses pre pandemic to 33 participants, 17 self-management bite size sessions, and 10 trainers trained to deliver self-management activities

Physical activity

We have delivered 102 volunteer led Physical activity sessions these include Tai Chi, Qi Gong and Seated Yoga. We moved our delivery to virtual during the pandemic and now deliver a mix of face to face and virtual sessions. We had 3 walking groups but these have not resumed post pandemic. 12 volunteers trained since July 2021. Our Lets Move fund supported several local community groups with physical activity



Together Versus Arthritis

We secured Lottery funding for 2 years to develop the TVA pilot in Argyll and Bute. We have 2 regional officers based in Argyll and Bute planning self-management delivery, access to pain resources and pain events, supporting volunteers, coordinating volunteer led physical activity sessions, developing local partnerships and developing community hubs and information touch points.

Community Hubs

We have worked with local partners and developed 2 community hubs/information points in Campbelltown and Bute. These are both manned with volunteers who can signpost and give information on local support, local services and Versus Arthritis resources. We are working with all the libraries in Argyll and Bute to have unmanned information points available in Summer of 2022 across Argyll and Bute.

Partner activity - Versus Arthritis

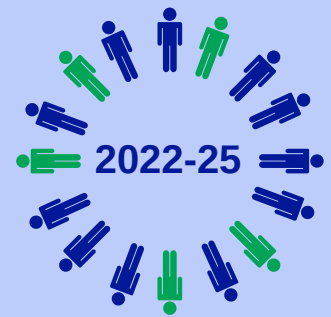
ACTIVITY IN ARGYLL AND BUTE OCTOBER 2019- MARCH 2022

Pain

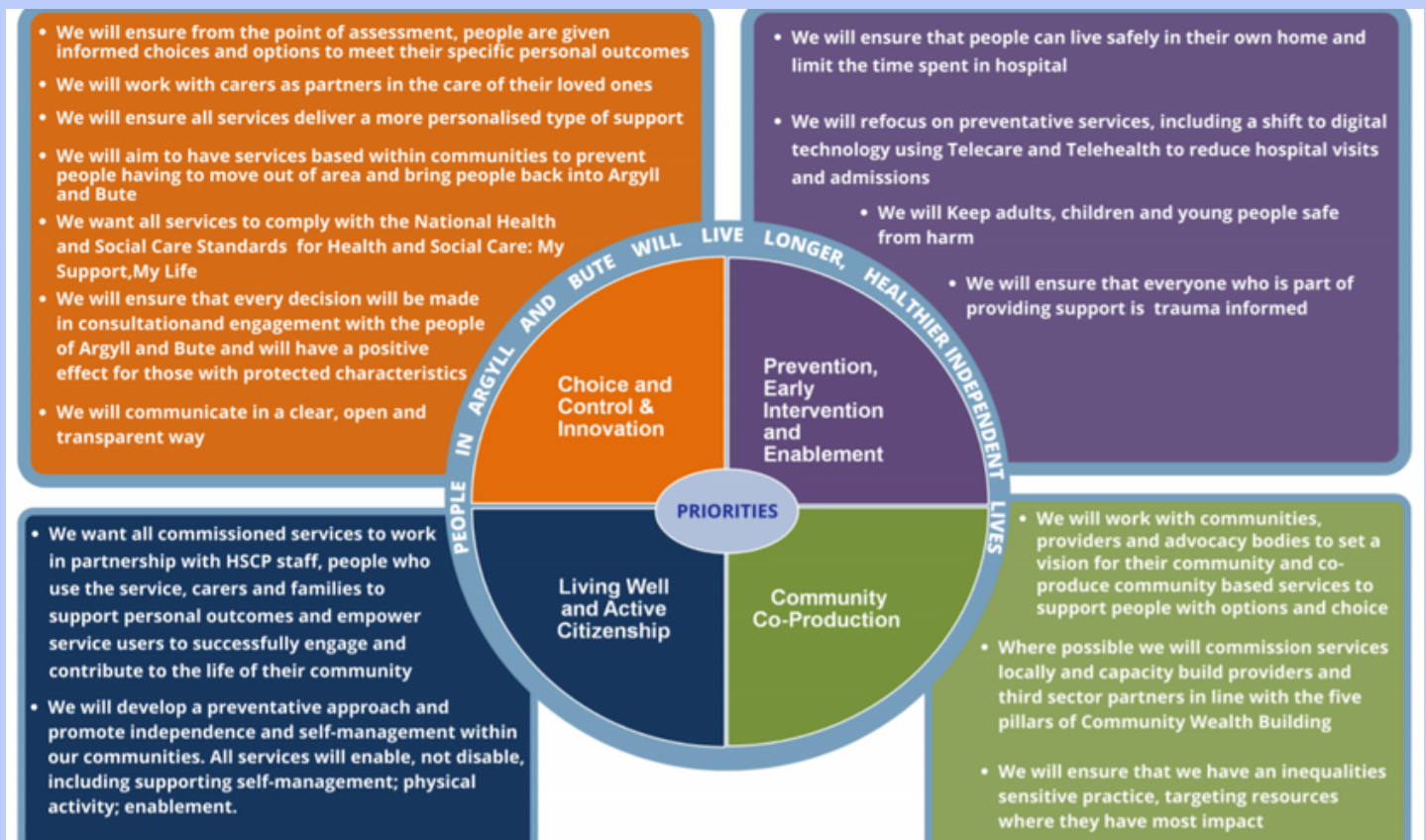
- All day Pain event October 2019 Inveraray 50 people attended
- Virtual pain week March 2021 -67 attendees
- Virtual pain week planned for June 2021 and a face to face Pain event during that week also planned with partners in the Healthy Living Partnership
- Pain toolkit training held and physios across Argyll and Bute trained in its use. 1 volunteer trained to deliver pain toolkit sessions
- Escape pain training delivered to 12 health professionals
- 5 places funded on MSK core skills training for health professionals
- 2 virtual MSK and fibromyalgia sessions delivered and targeted at GPs and health professionals with 14 attendees
- 3 focus groups and 5, 1 to 1 interviews held focusing on Pain, People and Place and 116 people responded to a survey exploring how pain impacts on day to day life. The report will be available summer 2022 and findings will be presented to the Living Well Steering Group



Strategic progression



Argyll and Bute Health and Social Care Partnership (A&BHSCP) Joint Strategic Commissioning Strategy (JSCS) and Joint Strategic Plan (SPG) will cover the period from April 2022 to March 2025. The Living Well Strategy is referenced within these plans and future Living Well work will align to the priorities and commissioning intentions as set out below. Further detail on the above strategies can be found [here](#).



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

Prevention Programme Board

This transformation work stream was formed in the summer of 2021 to provide a structured approach for a tier of preventative, physical activity based, befriending & short breaks for adults and their carers. There is a need to increase preventative and early intervention approaches as a medium to long-term strategy to managing demand and fulfil the HSCP strategic vision. The workstream will be underpinned by the HSCP Strategic Priorities and Commissioning Intentions: The Living Well Strategy will feed into this programme board.

Next steps

People in Argyll & Bute have the tools and support they need to support them to Live Well

1. Embed Community Link Working and expand where possible.
2. Ensure the Community Link Workers are well linked into a range of services, including the Living Well Networks.
3. Promote the new Living Well website www.ablivingwell.org, that replaced Healthy Argyll & Bute in 2022.
4. Work with the HLP and other 3rd sector partners to further develop self-management and pain resources, support, and information across A&B.
5. Scope model of community hubs and how these can be developed or supported.
6. Promote the updated Health and Wellbeing resource leaflet virtually and with some printed copies.

There are a wide range of local services to support people to Live Well

1. Agree any future funding for Living Well grants.
2. Share the outputs from the mental health engagement work with range of stakeholder to ensure it influences future mental health & wellbeing improvement.
3. Continue to align Living Well into strategic commissioning processes and develop stronger links between other relevant work streams.
4. Explore the development of peer support and peer led models to support or prevent access to mental health services
5. Better promote and improve access to current services HSCP and 3rd sector, e.g. through sharing and promoting the Argyll and Bute Third Sector Interface Community Directory
6. Share the LW engagement findings ensuring they are influencing service improvement activity.
7. ~~LiveArgyll~~, Macmillan, HSCP & TSI to scope use of coproduction model to build and improve access to information, support, and services.

Next steps

Staff are able and motivated to support the people they see to Live Well

1. Embed LW engagement findings into our workforce planning.
2. Further develop access to HBC training and develop a coaching model.
3. Support staff to access self-management tools, information, and support resources to support them and the people they see to self-manage.
4. Identify good practice/case studies on supporting a more preventative/enabling approach within the workforce and promote as exemplars.
5. Identify online courses in TURAS.
6. Increase awareness of the role of the 3rd sector in supporting and enabling people to Live Well.
7. Increase opportunities for staff to access training and development that supports a more person-centred holistic approach.
8. Promote Community Directory as a resource to support all HSCP workforce to signpost to community support, tools and information.
9. In years 4 & 5 carry out further engagement to identify what further development needs are required and identify remaining gaps.

There is effective leadership to support delivery of Living Well strategy



1. Governance structures to be re-established to reflect changes within the HSCP.
2. Maintain links to the A&B Healthy Living Partnership (self-management) to ensure relevant LW actions are embedded.
3. Develop an annual reporting process against the actions in the LW implementation plan and share widely across the HSCP and through the agreed governance route.
4. Review/ update/refresh and continue to embed the LW implementation plan into relevant Transformation workstreams.
5. Carry out further engagement on the LW strategy and refresh where appropriate.
6. Review the Living Well brand and identify ways to make it more evident across the HSCP.
7. Gather data to inform the [5 year](#) evaluation report.
8. Submit a [5 year](#) review report to the IJB and Senior Leadership Teams on the impact of the Strategy and its 5 year implementation plan using key agreed measures.

Thanks

With thanks to all of the steering group members and organisations who have guided this work.

Steering Group Membership:

HSCP Public Health - Health Improvement

HSCP Public Health - Alcohol and Drugs Partnership

HSCP Lead Allied Health Professional

Argyll and Bute Third Sector Interface

HSCP Organisation & Workforce Development & Engagement

HSCP Associate Medical Director

HSCP Lead Dietitian

HSCP Nurse consultant mental health

Versus Arthritis

Live Argyll

Further information

If you would like further information about the Living Well Strategy please contact the Health Improvement Team on nhsh.abhealthimprovement@nhs.scot or visit www.ablivingwell.org