



Caithness Health Improvement Forum
Meeting Held in the
Mowat Room, Assembly Rooms, Wick
on Thursday 11 December 2008 at 10am

Present:

Pauline Crow, NHS Highland – Locality Manager Caithness (in Chair)
Margaret Brown, NHS Highland
Stephen Fraser, Forestry Commission
Yvonne Hendry, Caithness Voluntary Group
Lorna Simpson, Ormlie Community Association
Margaret Allan, Laurandy Centre
Jean McLennan, MS Society, Caithness Branch
Koreen Macdougall, Highland Council
Alison Kirk, HEAART
Jenny Rawlins, NHS Highland – Oral Health

In Attendance:

Coreen Campbell, Caithness Rural Transport
Sheena Craig, General Manager, NH CHP
Anna MacConnell, Caithness Partnership
June Pollard, Caithness Partnership

1. Welcome & Apologies –

Apologies were received from:

George Bruce OBE, Margaret Bremner, Elizabeth Smith, Deirdre Aitken, Niall Smith, Esther Dickinson, Sylvia Mackay, Davie MacLeod, Jon Webster, Andy Brown

Mrs Pauline Crow welcomed everyone to the meeting and in particular Mrs Coreen Campbell who was going to explain the results of the Caithness Rural Transport Health questionnaire and Mrs Sheena Craig, General Manager of North Highland Community Health Partnership who was going to discuss the Single Outcome Agreement and the possibility of the HIF carrying out a Health Mapping Exercise.

2. Minutes of meetings held on 27 August 2008

The minutes of the meeting held on 27 August 2008 were approved as a true record of proceedings.

3. Matters Arising

There were no matters arising that were not already covered on the Agenda.

4. Caithness Rural Transport Survey on Health & Wellbeing

Caithness Rural Transport had distributed the Caithness Partnership survey on health and wellbeing to regular users of its service during December 2007 and February 2008 and the

results of that survey were distributed at the last meeting. At the request of members, Mrs Campbell from Caithness Rural Transport attended the meeting and talked through the findings. The survey had been distributed to 100 members and 36 replies were received, a large proportion of which were from the over 75 age range. In terms of follow-up to this survey there was nothing glaringly obvious. Ms MacConnell said that the results of previous health survey had been used to lobby for better public transport times.

Mrs Campbell suggested contacting the press to thank the public for completing the surveys and to explain what it has helped to achieve.

Mrs Craw had taken the previous survey to the Core Management Team.

It was obvious, from some of the responses received that there was a problem with communications as it appeared that individuals were not aware that NHS 24 and the Ambulance Service were independent bodies and not part of the NHS and there appeared to be confusion over Mental Health Services available.

It was agreed:-

- to invite the new Manager of the Community Mental Health Team to the next HIF meeting **(Action: Mrs Craw to arrange)**
- to hold an open day for the public in Wick and Thurso. The Wick event would take place at Caithness General Hospital and the Thurso one possibly in Caithness Horizons. Pauline Craw will arrange for specialist services such as Psychiatry, Chiropody, Physiotherapy and the District Nurses, to be represented. It was also agreed that publicity be sought for both events.
(Action: Mrs Craw to come back to Ms MacConnell with possible date for this)

(Action: Ms Margaret Brown (representing the NHS) and Mrs Yvonne Hendry (representation the voluntary sector) would co-ordinate the organisation of the event once a date was set).

(Action: It was agreed that Mrs Craw and Mrs Craig would work with Ms MacConnell on a press release).

Mrs Margaret Allan stressed that it was important that we change people's attitudes towards the voluntary sector and make them see that we are all working in partnership with the NHS.

She also mentioned that there are huge problems with access at client's homes, ranging from difficulties within the home including reaching things in the bathroom, kitchen and bedroom to problems with entering and leaving the home because of steps.

It was clear from the survey that people wanted to have input into decision-making and consultation. **(Action: Ms Brown agreed to email the link to the HealthVOICES page on the NHS Website to the Partnership and June will email out to all members of the HIF).** If anyone is interested in sitting on this group they should register with Highland HealthVOICES. Ms MacConnell felt this would be a good way of building on the work carried out through the survey.

HealthVOICES link below -

<http://www.nhshighland.scot.nhs.uk/GetInvolved/PublicPartnershipForums/Pages/HighlandHealthVOICESNetwork.aspx>

Transport was an issue that had been highlighted as a problem in the survey with patients having difficulty getting to appointments because of transport difficulties. Also Mr Bert Macleod had raised at a recent Partnership meeting problems he had encountered with patients from the West of the County being offered transport to their appointment but no return transport after 3pm. Also highlighted were problems with a lack of heating on trains to and from Inverness.

Mrs Craw said that we must have evidence of any transport complaints e.g. email or letter so this can be taken to the Ambulance Service.

Mrs McLennan mentioned that the Caithness MS branch has a community transport bus in Thurso available for non-profit making organisations to hire. Up to two drivers can be trained free of charge per organisation. In addition to this the Initiative at the Edge project at Dunbeath also has a bus which can be hired. The contact person is Mr Eric Larnach Tel: 01593-731455.

5. Single Outcome Agreement – Health Mapping Exercise (Mrs Sheena Craig)

Mrs Sheena Craig had been to a Scottish Government 2 day workshop in Stirling recently which was attended by approximately 40 people including government staff, voluntary sector staff and health staff.

Scottish Government Policy on Health is –

- Overall purpose – to create a more successful country, with opportunities for all to flourish through increasing and sustainable economic growth
- 5 strategic objectives (wealthier & fairier, healthier, safer & stronger, smarter, greener)
- 45 national indicators (12 directly relate to health, others overlap)
- Single Outcome Agreement (Highland Council)
- Local Delivery Plan (NHS)

Within the Health Service we talk about the Local Delivery Plan, HEAT targets and the Single Outcome Agreement. The question is how we all pull this together which was partly what the day in Stirling was looking at.

HEAT targets are part of what's known as a Single Outcome Agreement (SOA) . The SOA is essentially a joint plan to improve public services. It lays down the joint commitments made by the Highland Council and several other community planners including the NHS.

HEAT –

Health Improvement – improving life expectancy and healthy life expectancy

Efficiency and Governance Improvements – continually improve the efficiency and effectiveness of the NHS

Access to Services – recognizing patients' need for quicker and easier use of NHS services

Treatment Appropriate to Individuals – ensure patients receive high quality services that meet their needs.

Mrs Craig distributed a handout showing a Health Improvement Performance Management Review using Alcohol as an example. Inputs would come from the NHS, Voluntary Organisations, Scottish Government, Police, Local Authorities, SG/UK Govts/EU. The outcome would be about improved health, improved mental wellbeing, reduced inequalities in healthy life expectancy, reduced inequalities in alcohol-related deaths and hospital admissions.

Mrs Craig asked for everyone's opinion on whether they thought the Alcohol – multiple results chains piece of work was something the Health Improvement Forum as a group could work on together.

The HIF would need to know what the licensing trade, police, voluntary organisations, NHS are doing – all are accountable for bits. Need to make sure the Partnerships involvement is a shared outcome; collectively do we deliver better. This piece of work would be a clear, simple thing for the HIF group to look at, bringing all the different strands together.

Ms Brown said that it was clear that alcohol impacts on a whole range of organisations.

The following points were raised:

How many staff needs to be trained to give brief advice

GP to be giving out advice

Preventative advice

Drunk comes in through A&E no point giving advice then but how do you target them – info on preventative service

First thing is to find the groups involved with the issue

Reduce the number of 65+ who are admitted 2 or more times in one year.

Provide healthy activities for young

Work with kids, educate them – keep them away from drugs

Prevention better than cure

Provide alternatives to taking alcohol path

Need to get info to young

Information needs to be advertised through local media, NHS Media, public health media

Mrs Craw had attended a recent course where she had viewed a DVD showing how the Police Department in Vancouver reward their youngsters by giving out free tickets for bowling, cinema, etc which was a positive cultural aspect that we could look at here.

(Action: Mrs Craw agreed to try to get a copy of the DVD to show to the HIF group).

In Dumfries they run midnight football lessons.

Mrs Craig said that we would start with the Single Outcome Agreement and HEAT targets. Look to see what areas we can tackle as a Health Improvement subgroup of Community Planning.

Alcohol also affects the elderly population where people become isolated, alone, depressed because they are losing their independence and as a result may start to take a drink on a nightly basis that quickly becomes habit forming and a problem.

The group agreed that they would be happy to work together on the Alcohol – Multiple Results Chains. Mrs Craig didn't feel in her role as General Manager that she should be leading this but she was happy to come along and support the HIF in this piece of work.

The group agreed that this work would be carried out at the next meeting of the Health Improvement Forum and would be the only item on the Agenda for that day.

(ACTION: Mrs Craw to come back with a date for the next meeting)

It was also agreed that the following people should be invited to participate at this meeting:-

Mr Brian Munro, Service Improvement Manager, NHS Highland

Northern Constabulary – Chief Inspector Andy Brown and/or PC Jennifer Baughan

Mr David Sutherland, Highland Council Ward Manager

?? Drug and Alcohol Forum

? Forensic Psychiatric Worker for CHP

(Action: June to liaise with Mrs Crow & Ms MacConnell)

6. Drug/Alcohol Counselling Service in Caithness (Jon Webster)

As Mr Jon Webster was unable to attend the meeting it was agreed to hold this item over to the next meeting of the HIF.

7. Update from Community Health Partnership Representatives

Margaret Brown - NHS

The Community Health Partnership's Health Improvement Action Plan (actions circulated at meeting) is a working document. Topics include:-

- Smoking cessation - work by Katie Wilson and the smoking cessation service
- Healthy weight - touches on food, physical activity, access to leisure etc. There is a Highland-wide strategy being signed off by both local authorities
- Early Years (pre-school) covers pre-conception, through breast feeding and support to vulnerable families
- Children and young people
- Alcohol and drugs – new money from government for alcohol. Mrs Craig reported that there is new money from the government for alcohol services including Brief Interventions – local plans will be signed off by the Highland Drug & Alcohol Forum; a system needed to agree priorities
- Mental health – hope to develop a mental health improvement plan in the spring.
- Oral health – work by Jennie Rawlins and her colleagues in oral health improvement
- Workplace health – this includes the work of Margaret Bremner (Healthy Working Lives Advisor) with local employers, and the work of the CHP as an employer to promote health across its staff
- Sexual health
- Health Inequalities. NHS Highland is currently revising its health and homelessness action plan. Highland Council figures show there were 91 households in Caithness applied as homeless during 2007-8. This is considerably higher than 2001/2 when there were 35.

Jenny Rawlins – NHS Oral Health

Child Smile, a new oral health improvement programme recently launched in Caithness, is progressing well. Every parent of newborn children in the area are offered the chance to sign up to the programme which provides oral health education to parents and families from birth onwards so it becomes a normal part of everyday life. It also includes registration with your local NHS dentist for your child. There are over 70 people with young families now registered. Care home visits are planned for next year and child smile will come to East Sutherland next year.

Stephen Fraser – Forestry Commission

The Forestry Commission is looking closely at the Health Agenda. They have recently purchased land at Sibster near Halkirk the size of which is approximately 215 hectares. As well as using

this land to soak up carbon, it will be used for the benefit of the community and trails and walks are to be put in and the Forestry Commission will speak to Halkirk Community Council to see what the needs of the community are. It is hoped to link with indoor sports and horse riding etc.

Following the closure of Newton Hill Community Woodland the Chief Executive also looked at Newton Hill Croft and seemed very keen provided that we ensure we don't run into similar problems encountered by the Community Woodland.

Mountain biking is offered from Blingery Forest to Camster – approximately 5 miles. Stephen is keen to offer his Nordic walking skills and knowledge of local forests and their routes to encourage the development of walking groups. In 2009 Stephen will run events to encourage responsible family camping.

Volunteering Highland is also thinking of setting up a walking group and the Practice Nurse at Lybster has a walking group set up. GPs can refer patients for health reasons for swimming for example and in some cases there are reduced charges for patients.

Stephen asked the group for ways of publishing the events that he runs.

Mrs Yvonne Hendry produces a community voluntary group newsletter every two months and would be delighted to receive any information on any events taking place in the county. Yvonne's email address is: Yvonne@cvg.org.uk

June Pollard would email any information to HIF members and the full Partnership members, Ms Koreen Macdougall offered to inform any groups that use Community Education facilities and Mrs Craw offered to put out to GP Practices.

June's email address is: caithnesspartnership@btinternet.com

Koreen's email address is: koreen.macdougall@highland.gov.uk

Pauline's email address is: Pauline.craw@nhs.net

Margaret Allan – Laurandy Centre

Margaret was delighted to report that, after a long haul, funding for the Laurandy Centre had been secured and she was now looking at ways to develop the service. Highland Council's Active Schools Co-ordinator comes along to provide exercise classes and there is also an Arts tutor. The Centre is presently operating at 90% capacity and is very busy.

Lorna Simpson – Ormlie Community Association

OCA has a young mothers group running with a holistic programme focussing on the mother. Child minding facilities are provided and there is input from Social Work, Community Learning, Health Visitors, etc. Jenny Rawlins is going to be visiting.

Jean McLennan – MS Caithness Branch

Alternative therapy and physiotherapy is offered free of charge to MS sufferers in both Wick and Thurso. Physiotherapy is found to be of good benefit and is mood lifting.

8. Review of Activities of Health Improvement Forum (Anna MacConnell)

Anna MacConnell asked the group if there were any areas of work they felt the Health Improvement Forum could be looking at. The Partnership staff's role is to facilitate the Health

Improvement Forum and it is important that the group is happy with the direction the Forum is taking. The aims set up by the group two years ago are very broad -

“The aim of the Caithness Health Improvement Forum is to promote the physical, mental, spiritual, emotional and social wellbeing of the people of Caithness”.

It was agreed that the group would look at the terms of reference and membership of this group at the meeting following the next meeting.

9. A.O.C.B.

10K Run on 10th May 2009

Anna MacConnell had been approached by Ron Peddie, former member of Caithness Partnership, to see if she could suggest someone who would like to set themselves a target to get fit and would be willing to participate in a charity event he has planned for 10th May 2009. It will be a 10K run to take place near Mey and all money raised will be distributed to local charities.

After discussion a number of those present agreed to take part in the run.

Ronald McAuslan, Volunteering Highland

This was the first meeting that Ronald had attended and he said he had enjoyed the meeting and it was good to have a focused piece of work to progress.

10. Date of Next Meeting

The next meeting of the Health Improvement Forum will take place on