

ARGYLL AND BUTE HEALTH AND SOCIAL CARE PARTNERSHIP

Issue 4

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Strategic Plan

As part of the overall integration project Argyll and Bute Health and Social Care Partnership must develop a strategic plan. This will detail how we intend to plan and deliver the change in services so that we not only meet the future needs of local communities but also that these services are sustainable, of a high quality and affordable.



The first stage in this process is to produce a draft strategic plan and to then work closely with local communities, patients, carers, the Third Sector and other interested parties in the development of the final strategic plan.



This draft plan will be completed in early June and we will be asking you to contribute to it in June/July and after taking into account your comments we will then rewrite it and will then give it back to you to formally ask you what you think between August to November.



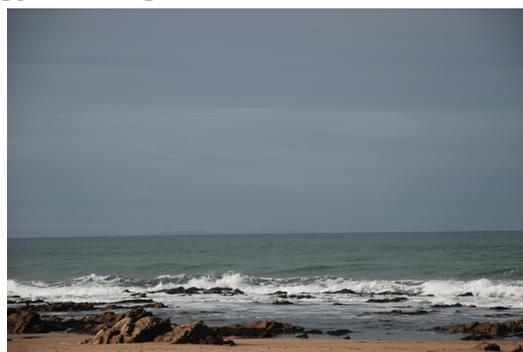
Please watch out for copies of the draft plan on our website, in local health centres, libraries, Council offices, local hospitals and numerous other venues across Argyll and Bute. If you would like more information or want to receive a copy by post or email then please contact us at: socialcareintegration@argyll-bute.gov.uk



Updated Integration Website

Members from the communications and engagement workstream, including representatives from the NHS, Council, third sector and the public, have been contributing to make the existing website more user friendly and easier to read. We also understand that it is important to make sure that the website is updated on a regular basis so that that the information displayed remains topical.

The new and improved website is now up and running and can be viewed at: www.healthytogetherargyllandbute.org If you have any comments/suggestions about improving the website even further then please feel free to get in touch by emailing us at: socialcareintegration@argyll-bute.gov.uk



WORKING TOGETHER WITH YOU

www.healthytogetherargyllandbute.org

Living Well with a Long Term Condition

More and more people in Argyll and Bute are living with a long term health condition. Many are living a full and happy life by adapting their lifestyle and expectations so as to manage their condition but some find this much harder and feel isolated, helpless and depressed.

Our integrated care teams are learning how to support them to manage their condition better and along with the individual's family and other carers the team will develop a self management plan with goals and aspirations and/or an anticipatory care plan for what is to be done if things get worse.

Self management is not an individual action or treatment, it is tailored to each person's needs and circumstances. The teams have found that there are several things that can really help:

- Easy access to accurate information which helps them understand their condition
- An understanding of the treatment and the individual's role in self management
- Developing the skills which enables them to live their lives on their own terms
- Access to support groups and similar programmes provided throughout Argyll and Bute by staff, carers centres and volunteers

One such programme is called 'Joint Activity' - a choice of sessions delivered by volunteers who themselves have a long term condition. The topics include:

- How to communicate better so you can express your needs
- How to manage pain and other symptoms
- How to stay active and connected to your communities
- How to manage stress and change

People who have taken part say they are more confident, more able to manage their pain, more relaxed and better able to talk with staff, carers, family and friends. This programme is managed by the Arthritis Care Team but suits other conditions as well. To find out more call 0845 600 3756 or email takecontrol@arthritiscare.org.uk

For those who prefer to use the internet lots of information about self management and other opportunities can be accessed through www.livingitup.org.uk



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Meet the Mathesons

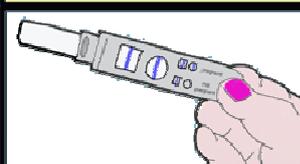
The Meet the Mathesons feature is a fictional account of a family in Argyll and Bute and we are using it as a method of highlighting a 'typical' family and their interactions not only with each other but also with health and social care services. Please find the second instalment below and lookout for further updates from 'The Mathesons' in future editions.

Gemma's



Story

I was 17 when I realised that I was pregnant and definitely wasn't thinking of being a mum and staying in Tarbert for the rest of my life. I hadn't planned to stay with Graham forever either. All I could do was cry.



I thought my Parents would be really mad especially after what happened with James. Eventually one of my friends figured it out and told us to go and talk to Dr Brown...

she said he would help. I was like, totally embarrassed, but Dr Brown was very nice and he told us about the options without any pressure. We could have a family care pathway, with a specially trained



midwife and health visitor to help us until the baby is two, my whole family could be involved if I wanted.

Carol, our 'named person' helped us loads, once we had decided to keep the baby...



she even helped us get a nursery place for him.



Find out more about what Carol does as a 'named person' on the next page



Oliver is a lovely baby, so good natured and happy. Do you know, when I decided to breast feed him everyone was shocked, our family babies have been bottle-fed for generations.



Carol helped us with that too.

We live in a flat new, rented from ACHA, it's okay but sometimes I wish I was in Glasgow having fun at



Uni. Graham is always wanting to go out with his mates, he forgets he's a father now. the other day we had a really big row and the neighbours reported us to Social Work.

This social worker called John 'phoned and wanted to see us



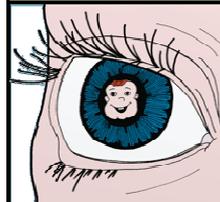
I was terrified so I gave Carol a ring straight away.

Luckily John had been able to see our personal plans on the shared system.



he came to see us with Carol and he told us about the local relationship counselling service and the community education service, so maybe I could carry on with learning something.

It's a relief. I would hate my mum to know anything is wrong, she has supported us a lot



and she's having a hard time herself just now. Oliver is the apple of her eye, though



All characters appearing in the above 'Meet the Mathesons' article are fictitious. Any resemblance to real persons, living or dead, is purely coincidental.

Named Person - Carol's Story

Hi, I'm Carol Campbell, I'm a Health Visitor with the Mid Argyll Children and Families Team. Part of my job is being the 'named person' for a number of children, which means I have responsibility to lead on their health and well-being. I'm wee Oliver MacMillan's named person, so I work with his family to give him the very best start in life.

When I started 2 years ago there were 6 other new members of staff. New jobs are a bit daunting but we got brilliant induction training and it helped me get settled. We got a full day's training on the values and behaviours that the Partnership want all staff to uphold. **Person centred care** is at the heart of everything and we were given time to think about what it means for us at work both with colleagues and the families we support. It's really important to get that right.

On Friday afternoons the team gets two hours for reflective practice, where we can share and learn from each other and think about how we can support people in better ways. I think we should always try to be better at what we do, people deserve that. We have mandatory training as well. I can manage to keep up with it because it's on-line and I fit it around my job, or sometimes do a bit in the evenings, I don't mind. Through the Early Years Collaborative, I have seen a real improvement in how the team is working together and supporting the families who most need it. We use a tool called Getting it Right for Every Child (GIRFEC for short) because that's exactly what we all want to do. Oh yes, I love this job!

The name of the above member of staff and the specific details are fictitious and any resemblance to real persons, living or dead, is purely coincidental. The key role though that health visitors provide is very much real

Self Directed Support

Advice on Self Directed Support (SDS) is available from a number of public and third sector organisations across Argyll and Bute. One of these organisations is Carr Gomm, a non profit charity, which through its Community Contacts project provides supported living and person centred support to a wide range of people.

Carr Gomm has a team of staff and volunteers who provide impartial advice to people at all stages of the SDS journey including through SDS peer support which brings people with similar experiences together.

Partnership and working together is at the core of the Community Contacts project and there is also a recognition that individuals in rural communities can face additional challenges in accessing advice, information and services. By working together the aim of the project is to overcome these challenges and enable individuals to access the support they need in a way that is right for them.



Robbie and Alex discussing life and SDS at Lochgilphead's SDS blether group which is a monthly opportunity in Mid Argyll for people to come together to mutually support each other on everything and anything to do with SDS. The Group meets on the last Wednesday of every month at 10.30am in Lochgilphead Parish Church Café. People also meet in Oban at the Caledonian Hotel at 2pm on the third Wednesday of the month for the same purpose. Coming soon peer support opportunities in the Dunoon and Helensburgh areas.

If you would like to receive this newsletter directly by post, email or in an alternative format/language please contact us at:

Email: SocialCareIntegration@argyll-bute.gov.uk

Phone: 01546 605635

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