



## Health and Wellbeing sub-group: Report to Neighbourhood Partnership

### 1. HEALTH INEQUALITIES

#### 1.1. Wrap-Around Services

Members of the group are increasingly using the wrap around approach, as well as spreading the word about it to other services in the city, e.g. EADP, Cyrenians, NW Recovery Hub, Families with Complex Needs strategic group.

#### 1.2. Health-in-Mind Counselling Service

The subgroup received the annual report from Health-in-Mind. They appreciated the number of referrals being made and the positive outcomes for those who fully engaged with the counselling. They noted too that the main issue causing major distress was childhood sexual abuse and welcomed Health-in-Mind's efforts to provide therapy.

They were concerned however by how many people did not attend appointments and the numbers who only completed a few sessions. They undertook to find ways with Health-in-Mind to help people make more full use of the service.

#### 1.3. Sexual Health Services for Young People

NHS Lothian's sexual health services are now being mainly provided from the Chalmers Hospital. As part of the change, peripheral clinics will be run one afternoon per week in the Craigmillar Medical Centre.

The HOT team also presented their work, which very much complements this specific service. It was agreed the two should work together to make this new clinic in Craigmillar very young person friendly.

### 2. TOTAL NEIGHBOURHOOD EAST

#### 2.1. GP's Headroom Project

This is a Scottish Government funded programme, which allows GPs the space and time to look at doing things differently and so improve outcomes for people with disadvantages. It would look at partnership working; testing new models of care; and clinical leadership. There were 9 Practices involved in the East Neighbourhood.

### 3. SOCIAL CAPITAL

#### 3.1. Dementia Link Worker

Alzheimer's Scotland has been contracted in Edinburgh to meet the Scottish Government's pledge that everyone with dementia would get one year's support from a named person. There are 6 Link Workers in Edinburgh in each of the H&SC sectors. They have been taking referrals since January of anyone who has a specialist dementia diagnosis post April 2013.

They work with the 5 Pillars of Care model, which covers:

- day-to-day living
- power of attorney
- a future care plan showing where they will live, who will look after them
- community connecting when the person can still cope
- peer support through NHS Early Intervention and Memory Skills groups and dementia cafes.

They offer 1-to-1 support and do a lot of work with the family. They have a very person-centred approach and the time to spend with someone.

### **3.2. Edinburgh Leisure**

Edinburgh Leisure are consulting on a project to increase physical activity, focusing on low income families in Greater Craigmillar, to impact on health and wellbeing.

### **3.3. SE LOOPS Network**

The subgroup welcomed a report on the last meeting of the SE LOOPS (Local Opportunities for Older People) Network and particularly the emphasis on preventative ideas in its proposals for the available funding. The subgroup also thought the introduction of Personalisation and Self-Directed Support should be considered.

### **3.4. Bridgend and Growing Communities**

The subgroup welcomed the fact that both Bridgend Growing Communities and Bridgend Inspiring Growth had received Big Lottery Funding for community development work. Carr-Gomm is also providing support to gardening groups in Niddrie House and at Wauchope.

Bridgend Inspiring Growth's bid to CEC to take over the Farmhouse was to be determined on 29 April.

### **3.5. Sheltered Housing**

The subgroup noted the report to the Health and Housing Committee on proposed changes from Resident Wardens to Visiting Support in sheltered housing. It recognised the value wardens and visiting support can provide in keeping residents active and connected to the community.

## **4. NEIGHBOURHOOD PARTNERSHIP FORWARD PLAN 2014-2017**

The subgroup discussed and agreed its priorities for the NP Forward Plan for 2014-2017. The main outcomes are:

- More people recover from multiple issues that affect their health
- More people feel they are keeping well
- More people receive support when facing difficult life issues

Actions are being developed to achieve these outcomes.

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