



Health and Wellbeing sub-group: Report to Neighbourhood Partnership

1. HEALTH INEQUALITIES

1.1. Wrap-Around Services

A business case for a systematic review of Case Management by the Health Management Library and Health Improvement Scotland is being worked up.

1.2. Health-in-Mind Counselling Service

The subgroup had a full discussion on the costs and difficulties incurred in DNA rates for mental health services. With such a complex issue, the Group discussed various avenues that could be utilised which included evening appointments, working from alternative spaces, shorter appointments or initial engagement techniques such as texting or phone calls.

1.3. Health Services for Young People

The subgroup discussed the TNE Presenting Young People's request for discussion about young people friendly health services. It is important to engage with the young people and allow them to dictate how services are run so they are effective for them. A day conference on this issue was suggested and with this in mind, the group will approach local schools and resource what young adolescents actually want and what they feel is appropriate. Various tools were suggested that could be utilised in conjunction with this including a Scottish mental health first aid course for young people, the befriending service, and mental health awareness week resources.

1.4. Welfare Reform Guide

A draft, six page guide to support people in crisis has been produced by NHS Lothian. This utilises the template produced by Midlothian Council in their crisis guide but is Edinburgh based. The draft was circulated during the meeting and the group were able to feedback initial ideas and suggestions which will aid the review of the document. It was thought there should be a section on local resources.

2. SOCIAL CAPITAL

2.1. Bridgend Farmhouse, Men's sheds, Community Growing, Dementia Friendly Portobello

The subgroup heard presentations on all these developments that help release community capacity and support people to grow their social capital.

2.2. Edinburgh Leisure

Edinburgh Leisure has worked up a detailed project plan to increase physical activity, focusing on low income families in Greater Craigmillar, to impact on health and wellbeing and is now seeking the necessary funding.

2.3. My Assets and Personal Strengths

The new MAPS service from Health-in-Mind recognizes that people using services come with a great deal of knowledge, skills and talents. It supports people experiencing mental health difficulties to tap into these assets, and the assets of the community in which they live, to better self-manage their wellbeing.

2.4. SE LOOPS Network

'Routes' is a new preventative service run by Volunteer Centre Edinburgh which aims to maintain the health and wellbeing of more isolated older people by offering easy access to relevant information on local services and activities in a friendly, supportive, and crucially in an encouraging way. The project will be anchored around a centrally run, simple to access, dedicated phonenumber run by volunteers to provide information and signposting for the fit and able over 65s in the SE quadrant.

John Palmer
Public Health Practitioner