



Health and Wellbeing sub-group: Report to Neighbourhood Partnership

1. HEALTH INEQUALITIES

1.1. Health Services for Young People

As per the last report the subgroup remains keen to engage with the TNE Presenting Young People and their request for discussion about young people friendly mental health support. Depending on feedback from the young people, the subgroup will organise an appropriate event, bringing together organisations with resources to support young people and the young people themselves to explore their needs in greater depth. This could become a more regular event, timed to coincide with Mental Health Awareness week.

The subgroup recognises this is its responsibility as is stated in the Local Community Plan. It wishes to work with the East Neighbourhood Team to find the best way to ensure this meets the outcome of “improving mental health and wellbeing” in the SOA 2013-16 by “Developing preventative services, which promote mental health and well being by reducing stigma and improving connections for individuals” .

1.2. Welfare Reform Guide

A draft, eight page, city-wide guide to support people in crisis has been produced by NHS Lothian, with a two page addendum for Portobello/Craigmillar. Comments and amendments were requested. The subgroup welcomed both parts of the guide, made suggestions where it should be posted and thought the addendum should be attached to the city-wide guide as both were useful. NHS Lothian has undertaken to up-date them every 6 months.

1.3. Mental Health Awareness Group

The subgroup was very impressed to hear about the city-wide Mental Health Awareness Group chaired by George Norval, East Neighbourhood Housing and Regeneration Manager. They were particularly supportive of the training in SafeTalk and Assist that housing staff receive, to note signs of mental distress among tenants, particularly in multi-storey blocks, and the support given to community groups to help find ways to support such people. The subgroup was encouraged by the recognition that the anti-social behaviour which a vulnerable person may exhibit needs to be addressed within a multi-disciplinary context. There was discussion about the best means of sharing information about people, making appropriate referrals and sharing responsibility for those at the greatest risk.

This presentation was followed by one from the Cyrenians describing how homelessness prevention services have come together in new consortiums, with a wider range of specialisms to support people who are at risk of losing their home or whose living situation is untenable; e.g. they are ‘sofa surfing’. Cyrenians covers East and South Neighbourhoods.

1.4. Headroom East and House of Care

Alex Connan, lead GP for Headroom East, described how the East Practices were coming together as 'early adopters' for the House of Care model being developed within NHS Lothian, in this context, with support from Thistle Foundation. House of Care describes a framework sitting around a patient, in which, using person-centred care plans, patients are encouraged to be pro-active in the management of their own health.

Each local Practice has picked a specific issue with which to try out developing this approach. For the Craigmillar Practice it is loneliness and support for the socially isolated; in the Niddrie Practice it is developing a 'Respiratory Choir' for people suffering from breathlessness; and in the Milton Road Practice it is obesity and nurturing people to think how they might change their lifestyles. Portobello Practice, that of Dr Connan, wants to spread the concept throughout the Practice and Practice team and through all the ways people interact with the Practice.

2. SOCIAL CAPITAL

2.1. Men in Sheds

Both the Thistle Foundation and Carr-Gomm have raised money to fund Men in Sheds initiatives. Thistle is planning for theirs to be led by the veterans with whom they have been working, based in the old Garden Suite, but open to other men to support the veterans' transition into civilian life. Carr-Gomm have money for a part-time worker, are talking to the Thistle about this person's role and are planning a more general meeting with interested groups.

2.2. SE Recovery Hub

Phil Heaton, the new manager of the Castle Project and de facto manager of the SE Recovery Hub, introduced himself. He said they recognise they have not done enough to support the long-term recovery of their clients, which they now wish to address. On 11 December they plan a conversation café with both service providers and users, to break down barriers and find out what's missing in the area and what more can be done to help create this recovery. They hope to develop a service user forum out of it.

2.3. Dementia Friendly Portobello

This group, with funding from the Neighbourhood Partnership, held a successful event for people with dementia and their carers. It was a relaxed afternoon - a conversation café - discussing what was needed, who else should be involved and what resources and materials are required to support people with dementia. They plan to approach a local café to have an area set aside for people with dementia; will have another event for local shops and businesses; undertake some asset mapping; and apply to the Life Changes Trust for work on peer support and meaningful activity.

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