**Health & Wellbeing Forum**

This is a note of the Health & Wellbeing Forum, held on the 3rd Sept 2020 on Microsoft Teams

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| **Present:** Rachael Allan, HTSIAlison Grant, Diabetes UKChris Grant, Ability NetEmma Thomas, Highland Children’s ForumGrant Mackay, Skye and Lochalsh CarersHelen Houston, Scourie Community DevelopmentIain Mackenzie, HTSIKate Maclennan, HTSIMaggieRoy Harrison, HTSISandy Fowler, HTSIStephenVicki RentonDonna Murray, North Coast ConnectionouLeah Ganley HTSI |  |  |

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|  | **Apologies**Elaine FetherstonSuzy BeaumontSarah FowlerIsobel GrigorSharyn Morgan |
| **1.** | **Introduction**  |
|  | Everyone was welcomed to the virtual meeting and asked to introduce themselves.   |  |
| **2.** | **Leah Ganley - HTSI** |
|  | Leah gave updates from HTSI. HTSI have undergone a restructuring process and have had changes within the organisation including new additions to the team. All HTSI members have recently received a bulletin introducing them to the team with their new roles so that they know who to contact and how to contact them. Changes in the HTSI office: new meeting room now available for HTSI members to hire out.Discussion of adopting a blended approach for future forums and meetings of partially online for those who have much further to travel but also having the meeting room available. |   |
| **3.** | **Iain Mackenzie - HTSI** |
|  | Iain (HTSI) gave a brief background of his new role in HTSI:* He continues to manage the social enterprise network who will have quarterly meetings.
* Set up Highland Poverty Action network
* In the process of setting up with Newstart Highland and Seafine (Aberdeen) who so far have distributed over 80 tonnes of food within Highland since the start of lockdown
* Part of his new role involves helping organisation establish themselves
* Currently has an active caseload of 27, there have been a lot of COVID response groups set up
* He also gets to help come up with new ideas for organisations to adopt, currently looking at opportunities within football and a scheme working with homeless people to make them tour guides
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| **4.** | **Leah Ganley - HTSI** |
|  | Encouraged discussion of pre-existing partnerships prior to COVID.Mention of CPP meeting, want to know what’s worked well and what hasn’t. What can we take forward from COVID response?We want to create a report for the CPP. Looking for case studies of 300-400 words if anyone has any examples, please get in touch.Sandy (HSTI) will be responsible for forming the document around this with recommendations of what should be taken forward.Ideally we are looking for representatives from the third sector, 2 from each section.Are there any groups here set up during COVID? (None. All pre-existing)What word comes to mind when discussing partnerships? NHS for example.**Maggie:** Red Tape**Iain:** Excellent**Vicki:** Budget. Postcode Lottery.**Chris:** Inspiring. Forgotten. |  |
| **5** | **Discussion** |  |
|  | **Iain HTSI – Excellent**Inverness Food Stuff, In This Together Café and Acts of Kindness all moved really quickly sin COVID Response, provided meals 7 days a week, loaned each other volunteers, provided food for all Houses of Multiple Occupancy in Inverness for three months – phenomenal effort. Believe they were commended in Scottish Parliament today. Over 10,000 meals provided since the start of COVID.**Chris – Forgotten**NHS, lots of support and resources for the central belt but everything seems to be cut off North of Perth. Concerning. Staff have been sent up to the Highlands to cover shortages. HIE have done a sterling job.**Helen Houston**No one to work alongside on the West. HIE have been reasonably flexible. Requests have been taken back to the core group and have been able to access funding from elsewhere when the core group said no. We’ve provided mental health support, enabled people to get support other than counselling. As a result of people seeking support we are letting a contract with he counselling service and it will be available for people aged 10 and up. Schools are checking to see if they will e able to refer pupils to the service.We are very aware f the number of suicides in Sutherland and Caithness since lockdown.**Leah Ganley, HTSI**We have commissioned someone to gather data on health and wellbeing in the Highlands**Iain Mackenzie, HTSI**Issue with that is that with a number of the most recent suicides, the people were unknown to services. Unless they’ve reached out for help before, it’s very difficult to retrieve that information.**Helen Houston**Agreed. **Leah Ganley, HTSI**Our partner in Caithness doing a lot of work, would it be useful to put Helen in touch?**Helen Houston**Reconnecting group to address lack of services in Highlands. Happy to connect.**Vicki**First time joining this meeting. Many schools have used their PEF funding for assisting with the return to school but Highland schools are still waiting for their PEF funding to be released/budges allocated.Dyslexia Scotland (DS) tried to move services online but have been hindered by digital poverty.We create health and wellbeing packages for schools and provide family training for emotional literacy.**Leah Ganley, HTSI**Haven’t heard from PEF (People Equity Fund).Any bad experiences?**Chris**Across the board, clients are being sent to Glasgow and Edinburgh to access health services. COVID testing, no home kits available North of Tore due to Royal Mail being unable to return to Raigmore in time.**Helen Houston**No kits available in Scotland on Monday. People are having issues getting results and having to be re-tested as a result of lost tests.\*Chris left to attend another meeting\***Leah Ganley, HTSI**Outbreak in Grantown. 51 cases today, significant number in a small community. Seems to be partly due to people sharing lifts to work. There could be services needed here. Only one shop in the town.**Maggie**The Abbottoir wont be able to use the services ta all. Volunteer fatigue in the area and lots of people who had previously volunteered have since gone back to work.**Leah Ganley, HTSI**Don’t think it will be the last instance.Volunteer fatigue – Highland Council have stooped support. Suspected increase in need if cases start to rise and we head for a second spike. If there is a second spike we’ll need volunteers especially with the end of furlough, some people won’t be able to afford food.**Maggie**We were ready to start a community cars scheme but the spike in Grantown has put people off. Young people are back to work but older people are terrified.**Leah Ganley, HTSI**Anyone had similar issues?Older volunteers might not return to volunteering. Any final points on partnership?**Iain Mackenzie, HTSI**NHS funding of third sector, there’s been no communication for months, funding applications would usually already be in for next year. NHS is not responding to emails. Doesn’t feel like a partnership.**Leah Ganley, HTSI**NHS and Highland Council have let the third sector down. Highland Council have treated the third sector with disregard for 3 years now.A letter has been drafted to go to the minister. If you haven’t heard anything, please get in touch with Leah. We can raise it with the NHS.Problems during COVID, organisations dong things wrong eg delivering food with no insurance etc.**Vicki Renton**Tied by budgeting, postcode lottery at times. We have a product to sell. We had events in the run up to COVID. Our package would give all children in Highlands emotional literacy, many school further south have purchased in. This would never be a government buy in.DS people tried to take on ore online, looking to connect people more with technology.**Maggie**Community support lines, cut down on volunteers and call handlers, worried that there may be a second spike of the virus and we won’t be prepared. We are funded until the end of September but then the support lines will be cut.**Stephen**Our work, using nature and outdoors to connect people, we work with people with poor mental health. Branching out projects were able to finish online. It worked okay but most of our work is face to face. Online doesn’t replace the connection with people.We tried going online, a lot of people we’d normally work with didn’t join. Nature groups started up again. Disparity between how people risk assess to come out with us. Some groups wont come out at all, others are happy to come along. We’ve started working with school again.**Helen Houston**Concerned about how recovery funding will be distributed. Hope its done swiftly and effectively. £25 million isn’t a lot and there won’t be much left for smaller charities after big charities have had their share. Want to make sure smaller charities have a fair shout. All ends at the end of this month.**Leah Ganley, HTSI**As soon as we find out anything about funding we will let people know.**Alison Grant**Found that amongst our diabetes audience, digital contact has been challenging and we have limited staffing.**Leah Ganley, HTSI**Speak to Chris about event, their organisation supports people who don’t know how to use tech. | **ACTION****HTSI TO CHECK ON PEF** |
|  | Leah thanked everyone for attending. |
|  | **Next Meeting: 1pm-3pm 5th November 2020** |