

Improving Health in Scotland - strategic progress by the voluntary and community sector

Improving Health in Scotland - the Challenge was published in March 2003.

One of the four themes within *The Challenge* has been Community-led health improvement.

Since November 2004, VHS has worked alongside CHEX, the Scottish Community Diet Project, Volunteer Development Scotland (VDS), the Scottish Development Centre for Mental Health, Communities Scotland, NHS Health Scotland and COSLA to take forward the Community-led theme

Supported by a Task Group for the Community-led theme, four operational sub-groups were identified and have carried forward the work for the last year. The groups are:

- ◆ Planning and Partnership Working
- ◆ Community Based Activities
- ◆ Community Engagement
- ◆ Measuring Success

The Task Group has been preparing an overall analysis of the role of community-led action and engagement in promoting health improvement and detailing current and planned activity to support this.



Current policies for health improvement have been highlighted and the key role of community planning recognised.

Within this, the Community Based Activities and Community Engagement Groups have been building a picture of the range of programmes and activities within communities that have a potential effect on health, focusing on topics such as food and health, physical activity, smoking, alcohol, mental health and overarching these, inequalities; mapping these activities, identifying promising practice as well as gaps; bringing together policies, programmes and support mechanisms for effective community engagement; and considering how these can be made more effective.

To date, progress has been made in the following areas:

- ◆ Integrating the *National Standards for Community Engagement* and the PFPI Guidance on *Informing, Engaging and Consulting*.
- ◆ Commissioning a series of 6 case studies illustrating 'impact' and 'engagement' with an in-built focus on sustainability.
- ◆ Commissioning an associated DVD
- ◆ Collating, show-casing the work and examining existing guidelines and information on sustainability and mainstreaming - this is being done by Communities Scotland
- ◆ Identifying capacity building needs - here, Voluntary Health Scotland has undertaken to take forward a mapping exercise of

current sources and levels of funding & other support for community-led health work.

The Task Group will complete these activities and report back to the national Directorate for Health Improvement by April 2006.

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Editorial



As Christmas approaches, the VHS team would like to wish all the readers of **BRIEFING** a very Happy Christmas and

a New Year 2006.

We have ended the year appropriately with the Scottish Executive taking stock of its relationship with Scotland's 50,000-strong vibrant community and voluntary sector organisations and laying out directions and challenges for future engagement. All the policies that are jointly being worked on by the Executive, SCVO and other partners point to greater equality of purpose and action with government in Scotland.

In this context, VHS has been identifying ways in which it can support its membership next year - by taking forward with other agencies increased support for evaluating effectiveness, securing sustainable funding and infrastructure support and building workforce capacity. We look forward to working with you on these issues next year.

Helen Tyrrell and the VHS team

New national network for Community Health Partnership voluntary and community sector members

Voluntary Health Scotland is currently developing a national support network for committee members of Community Health Partnerships (CHPs) who are from the voluntary and community sector.

VHS will host and service the network and will work closely with CHEX in areas such as health improvement and community involvement.



The main form of communication will be through an e-forum on the VHS website, where the representatives will be able to post items for discussion, respond to others' requests for support and share emerging examples of good practice.

The Primary Care Division of the Scottish Executive Health Department is supporting an initial training and development event for representatives to launch the network. This will be a day which will focus on voluntary sector roles and responsibilities within the CHP committee structure. This event will take place on 15th February 2006 in Glasgow.

There will also be an overview of the supports available from VHS, CHEX and the Scottish Executive Health Department. Leading from the day will be a greater understanding of the needs of representatives and a chance to prioritise the support work for the coming year.

The event will be a training and development day supported by the Health Department - as such, there will be no cost to participants and expenses will be reimbursed by individual CHPs.

Further information can be found on the VHS website or by calling Bill Weir on 0131 652 5993.

International Day of Disabled Persons

International Day of Disabled Persons on 3rd December this year identified an estimated 600 million people live with disabilities, worldwide. In Scotland, 1 in 5 of the population, nearly one million people, are affected by disability or long-term illness.

This is increasing due to population growth, ageing, increased longevity of those with disabilities and many other causes most often related to poverty. More conditions e.g. MS, HIV / AIDS are now classified as disabilities for legislation purposes. These trends are creating an ever-increasing demand for health and care services.

At the same time however, we are increasingly realising the importance of an asset-based approach to disability, highlighting the need to promote understanding of disability, but also to increase awareness of the gains to be derived from the integration of people with disabilities in every aspect of political, social, economic and

cultural life. "*Nothing about us without us*" has now achieved international currency within the disability movement.

Fair for All - Disability is the Scottish Executive Health Department (SEHD)'s partnership programme to advance "the duty to promote" disability rights contained in the Disability Discrimination Act (2005). A strategic partnership between the SEHD and the Disability Rights Commission (DRC), it aims to encourage the NHS to go beyond compliance with legislation to promote the rights, independence,



choice and importantly, the inclusion of disabled people.

Fair for All - Disability's two-part draft guidance for the NHS, covers both strategic and practical guidance on mainstreaming disability equality and access into service delivery. The guidance is currently out for consultation and *Fair for All - Disability* is keen to hear the views and opinions of stakeholders.

VHS believes that voluntary organisations working with people affected by disabilities have a key role to play, not only by commenting on the appropriateness and usefulness of the guidance but by supporting service user advocacy.

To respond to the consultation, contact Mairi McMenamin, *Fair for All - Disability* at: fairforall-disability@drc-gb.org or by phone: 0131 527 4000

New CABx - NHS partnership to provide independent advice and support services

Citizens Advice Bureaux (CABx) will take on a new role from next April - Health Minister Andy Kerr will require NHS Boards to develop a partnership with groups of local CABx to provide independent advice and support for NHS users, carers and families.

CABx will extend the role they already have in supporting NHS service users, carers and their families as they engage with the NHS in advising and supporting people to navigate their way round the NHS, providing health service information, supporting those wishing to make a complaint about the service they have received, and providing advice and information about health-related benefits and entitlements. Guidance will be issued to NHS Boards late in December.

Bureaux are well placed to take up the complaints-support role previously held by Local Health Councils (which were restructured earlier this year) as

they have a track record in advising on health service issues brought to them by the public.

Bureaux won't adjudicate in complaints, emphasised Kaliani Lyle, Chief Executive of umbrella body Citizens Advice Scotland, but they will guide people in taking forward a complaint and help them engage with the system.

The Scottish Health Council as part of their assessment/feedback function will have responsibility for



monitoring these arrangements and how they are implemented locally by NHS Boards.

SHC will also ensure that NHS Boards have proper feedback mechanisms in place to allow patients, carers and the public to provide comments, concerns and compliments about services they or their families receive.

Already, CABx across Scotland are engaged in health projects. All nine bureaux in Lanarkshire provide outreach advice to people affected by cancer, in partnership with Macmillan Cancer Relief, while Motherwell & Wishaw CAB offers home visits to people referred by Chest, Heart and Stroke and Perth CAB provides an outreach service within a pharmacy in Blairgowrie.

Money advice, welfare benefits and debt problems are all among their specialist areas.

People affected by severe or sudden illness often need advice on sickness and disability benefits, managing debts and mortgages and employment rights, said Kaliani Lyle. Because CAB works across the whole picture, we can make that vital link between different problems.

For further information, contact Ian Brown, Press and Communications Officer, Citizens Advice Scotland, on 0131 550 1010 or 07774 751 655, or Laura Ross, Scottish Executive Health Dept. on 0131 244 2378 or at laura.ross@scotland.gsi.gov.uk

2003 Scottish Health Survey

The summary report is available at: <http://www.scotland.gov.uk/Resource/Doc/924/0019811.pdf>

However, the Health Department has a limited number of hard copies of the 4 individual Health Survey Reports - Cardiovascular Disease, Adults, Children and the Technical Report - available for the voluntary and community sector free of charge.

To receive any or all of these volumes, contact: Steven Gillespie, SEHD Analytical Services, Tel: 0131 244 3777

The Mix - Youth People & Health Newsletter

The Mix is a bi-annual newsletter aimed at anyone with an interest in or active involvement with promoting young people's health and wellbeing through policy, practice and research.

The newsletter focuses on young people and health in its widest sense and is part of the Scottish Youth Health Network (SYHN), which aims to facilitate a wider understanding of and discussion around the health of young people in Scotland.

Each edition has a theme and in the past these have included;

- ◆ National developments in the area of young people and health.
- ◆ Young people and transitions
- ◆ Involving young people

Previous issues of *The Mix* can be accessed on <http://www.healthscotland.com>, if you would like to subscribe to the newsletter please contact Allie Cherry, NHS Health Scotland: allie.cherry@health.scot.nhs.uk

Scotland's vision for the voluntary sector

Since Communities and Voluntary Sector Minister Malcolm Chisholm outlined his vision for the voluntary sector in May 2005, the Voluntary Issues Unit (VIU) at the Scottish Executive has been interviewing key stakeholders in the sector and working with SCVO to identify and take forward action on key issues for joint working.

Scotland's voluntary and community sector is active across all the areas of the Programme for Government and relates to this in four major ways:

as a service delivery partner;
by strengthening communities; by acting as

advocate and contributing to policy; and as an agent of change.

At the launch of the agenda on 12th December in Edinburgh to take forward the vision, progress on important cross-cutting issues was discussed. All have relevance for the voluntary and community sector:

- ◆ The long-awaited Strategic Funding Review
- ◆ The Charities and Trustee Investment (Scotland) Act, which comes into force in April 2006
- ◆ Building the social economy through support for social enterprise organisations

- ◆ The new Guide to Building Local multi-sectoral Compacts
- ◆ Collaborative working between networks e.g. VHS with the CVS network
- ◆ The recommendations of the Russell Commission to engage 1 million young people across the UK in volunteering and community action over the next five years.

Against this background, Voluntary Health Scotland will work with its members and key partners on three key areas next year.



These are:
demonstrating voluntary sector effectiveness

through supporting access to evaluation; identifying and taking forward workforce development issues; and mapping funding and other sustainable sources of support.

The link to the Scottish Executive's *A vision for the voluntary sector - the next phase of our relationship* is:
<http://www.scotland.gov.uk/Publications/2005/12/12103306/33063>
Alternatively, please phone Nicole Ronald on 0131 244 0064.

To discuss any of the issues, contact Helen Tyrrell at VHS - 0131 652 5992.

Forthcoming events

22nd February 2006: *Alcohol Focus Scotland National Conference - Harm Reduction? The Way Forward* will take place in Glasgow.

The aim of this conference is to explore what 'harm reduction' means in the context of alcohol and to identify practical measures to combat alcohol-related harm.

For more information please refer to the booking form included with this edition of **BRIEFING** or visit the Alcohol Focus Scotland website at <http://www.alcohol-focus-scotland.org.uk/newsandevents/events.asp>

14th March 2006: *Young Lives Today* will take place in Glasgow.

The exhibition and seminar programme for everyone working with children, families and young people.

A booking form & further information is available at www.younglives.com or by calling Pavilion on 0870 890 1080.

14th & 15th March 2006: *The 14th UK Public Health Association Forum* will take place in Telford in 2006.

A booking form & further information is available at the UKPHA website:
<http://www.ukphaconference.org.uk/delegates.html>

21st March 2006: *Mental Health Today* will take place in Glasgow.

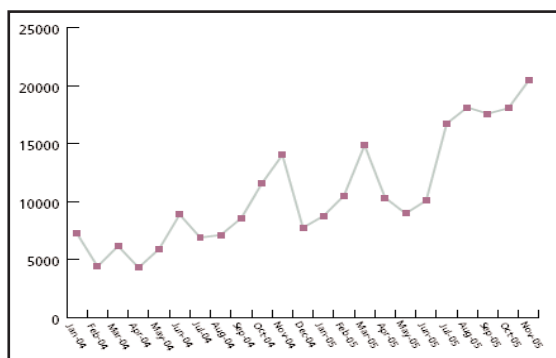
Social Inclusion and Citizenship - connecting people in mental health. The Scottish mental health exhibition and seminar programme.

A booking form & further information is available at www.mhtodayexhibition.com or by calling Pavilion on 0870 890 1080.

VHS website growth

The VHS website continues to attract more visitors each and every month. In January 2004 the website received 7,000 hits and now, as the graph shows, the trend has been upwards with over 20,000 hits registered in November 2005.

Over the coming months the site will be developed to offer a greater level of service.



A new strategy for older people in Scotland

There are over 1,097,026 people aged 60+ in Scotland today representing some 21.5% of the population.

Scotland's population is ageing and the number of people aged 65 and older is expected to rise by about 61% to 1.3 million by 2042, while the number of the 'oldest old' (those over 80) will double from around 200,000 at present to 400,000.

The demographic challenges facing Scotland are demanding: an ageing and declining population has important implications for public services, the labour market, pensions provision and the quality of everyday life.

Building a Health Service Fit for the Future (The Kerr Report) stresses the need to provide continuous anticipatory care for older people with long term conditions to avoid unnecessary,

damaging and prolonged health care episodes.



Current 'care in the community' policies aim to encourage older people to remain independent for as long as they wish, with suitable support.

But older people are not necessarily ill or frail - many are fit, active and contributing both to the workforce and public life. In 2006 the Scottish Executive will launch an over-arching strategy for older people in Scotland.

The Strategy Development Group will be chaired by Minister Malcolm Chisholm. Jess Barrow (tel: 0131 244 0718, email: jess.barrow@scotland.gsi.gov.uk) has moved to the Executive from Age Concern to take forward the

strategy.

On 23rd January Holyrood Publications, in association with the Care Commission and supported by Age Concern, will hold a one-day conference in Edinburgh .

The organisers point out that "*new policies for older people are rare - there has not until now been an Executive-led Bill before the Scottish Parliament dealing with the particular needs of older people in Scotland*".

Meantime, the Commissioner for Older People (Scotland) Bill, proposed by MSP Alex Neill in 2004, is now in preparation and will be introduced to the Scottish Parliament in the first half of 2006.

The aim of the Bill is to create an older people's champion to ensure that their rights are being observed and that government legislation and the policies of other agencies and organisations take account of their rights, views and interests.

Increased democracy for NHS Boards

At the end of 2004, Bill Butler MSP for Glasgow Anniesland gathered 160 responses to his proposal for the Direct Elections to National Health Service Boards (Scotland) Bill.

He said: *I have frequently been contacted by constituents who have expressed to me their concerns about changes made to the provision of local health services which they perceive to*



be completely against the views of the local community.

A majority of respondents approved the Bill in principle and the main areas of consultation were: the electoral system and conditions of candidacy, length of term of elected health board members, proportion of NHS Board to be elected, nature of the ballot, publicity and election campaign expenditure.

Very few of the responses to the consultation came from identified groups or individuals within the voluntary and community sector...

Now, the preparation of the Bill is nearing completion and a steering group is being set up to allow access to views about the content of the

Bill as it progresses through the legislative process.

Voluntary Health Scotland intends to gather the views of its members on the Bill and the policy implications. We shall do so via our website www.vhscotland.org.uk and by e-mail, starting early in the New Year.

The consultation summary can be found at the Scottish Parliament's website - http://www.scottish.parliament.uk/business/bills/pdfs/mb-consultations/National_Health_Service_Boards.pdf

Young Scots learn the recipe for success

The UK has the fastest growing rate of obesity in the western world. 2004 statistics showed that 33% of Scottish 12 year-olds were classed as overweight and 17% as obese.

Five young Scots are proving to their peers that you can eat healthy and tasty food on a budget by compiling a calendar of easy-to-cook recipes aimed at helping young people who have to cook on a shoestring.

Youth charity Fairbridge in Edinburgh and the Royal Bank of Scotland Group are working together to engage young people who are outside education and employment and therefore at greater risk of unhealthy lifestyles.

The young people are learning how to make cheap but exciting and healthy meals that they can pull together from scratch using

fresh ingredients. The end result is not only a feeling of achievement for the young person, but a better understanding of a healthy diet. The production of the recipe books is one element of a course designed to build the independent living skills of some of Edinburgh's hardest to reach young people and teaches them how to budget for, plan and prepare a nutritious meal on just a small amount of money.



As well as exploring the practical side of cooking, the participants will look at attitudes to healthy eating, learn the basic principles of having a balanced diet, find out where to

obtain good quality low cost ingredients, and undertake a food hygiene and basic first aid course.

Butternut Squash Soup

1 onion, peeled and sliced
1 stick of celery
1 clove garlic
1 butternut squash, peeled
25g butter
150 ml single cream
1 litre water
vegetable stock

Method

1. Fry onion, celery and garlic in butter until soft
2. Add water/stock and simmer gently
3. Chop butternut squash into cubes and place in a baking tray
4. Roast in a hot oven (200 degrees C) for 20 mins
5. Place roasted cubes into soup and cook for 20 mins
6. Blend the mixture together and then place through a sieve
7. Reheat if necessary
8. Add cream and stir through
9. Serve with wholemeal bread or rolls

Skin charity lobbies Scottish Parliament for greater awareness

Psoriasis is a chronic disabling auto immune skin and joint disorder affecting 2 - 3% of the Scottish population. Psoriasis is not a government health priority, although it can seriously impair quality of life.

PSALV is a key national Scottish charity, run by people affected by Psoriasis and the associated arthritis - Psoriatic Arthritis (PsA).

The organisation disseminates

up-to date clinical information, runs public information seminars and publishes a members' newsletter, with articles by specialists. PSALV has had considerable success in parliamentary campaigning, for better services for people affected by Psoriasis and PsA, with a successful briefing event for MSPs from all parties, attended by the deputy and shadow health ministers and a 3-day, manned exhibition at the Scottish Parliament.

PSALV has also provided input to a guideline for the care of PsA, currently being taken forward by SIGN (The Scottish Inter-

Collegiate Guidelines Network). Janice Johnson, the Manager of PSALV, says: *Psoriasis is very common but has had a low profile in Scotland. The public and some GPs do not realise the devastating effect that this disfiguring and painful condition has on people, impacting as it does on work, social and personal life.*

Feedback tells us that our lobbying and parliamentary events as part of the Skin Care Campaign Scotland have definitely helped to raise the profile -politicians now realise that much more needs to be done to help those with psoriasis and other chronic conditions.

PSALV has a website - www.psoriasisScotland.org.uk - and can be contacted at 0131 556 4117.

