

.....with Localities

Issue 7 – Autumn 2021

Welcome to Issue 7 of our Localities Newsletter which we hope helps to keep you updated on the latest news in your locality.

As we re-mobilise, the demand for services grows and living and working with covid continues to be challenging. It really is a busy time for everyone. We've seen the number of covid cases increase recently and although to be expected, it is still a reminder that we are living with the virus and we need to continue to follow the latest guidance. For full details of the update [click here](#)

Consultations have been a focus for me over the last few months including the Integration Scheme and the National Care Service Consultation. We're reviewing the feedback from the Integration Scheme. Once this is complete, any changes to the scheme will be taken to our partners Fife Council and NHS Fife to approve before going to the Scottish Government for approval.

In this Newsletter we also want to keep you updated on the National Care consultation and how you can get involved – it is important to hear the voices of staff and communities on how we deliver social care. Since our Locality Planning Core Group meetings back in March 2021 when we updated you on our current planning cycle and current focus, we have recruited several new staff members to support taking forward our Localities priorities.

Continue reading to find out what's been happening since....



Fiona McKay
Head of Strategic Planning,
Performance and
Commissioning

Introduction to our New Heads of Service

The Health & Social Care Partnership is delighted to introduce you to our newly appointed Heads of Service. We caught up with Bryan, Lynne and Rona to ask them about their new roles within the Partnership.

Head of Primary and Preventative Care – Bryan Davies

“Hi, I’m Bryan Davies and I’m delighted to be the new Head of Primary and Preventative Care for Fife’s Health & Social Care Partnership. I’ve worked within health and social care for over 25 years with experience in local area co-ordination, planning, performance, change management, commissioning, mental health, addictions, learning disability and advocacy. I feel very passionate about health and social care integration and I’m excited to be working with colleagues and stakeholders to make a positive difference for individuals, families and communities in what are currently very challenging times.”



Head of Community Services

“Hi, I’m Lynne Garvey, Head of Service for Community Services. Over the years I have gained experience in professional leadership and operational management across a number of specialist services, managed clinical networks and clinical governance. This role offers amazing opportunities to work towards the Fife Health & Social Care Partnerships vision to enable the people of Fife to live independent and healthier lives. I’m looking forward to building relationships and respecting the unique contribution that everyone makes and work with teams and stakeholders to build on successes and strive for sustainable improvements.”



Head of Complex and Critical Care Services

“Hi I’m Rona and I’m delighted to join Fife’s Health & Social Care Partnership. As the new Head of Service for Complex and Critical Care Services I’m looking forward to bringing over 30 years of diverse experience working in public service across local authorities, NHS boards, health and social care and the third sector to the role. I have a real passion for mental health, learning disabilities and social work and I hope to build on the successes already achieved. Working with people from across the Kingdom to enhance service availability and effectiveness to the citizens of Fife will be real focus for me.”



Health & Social Care Locality Planning Update

Localities Staffing Updates – Pleased to Meet You

Over the last few months, the Health & Social Care Partnership has appointed several new staff members into new roles to help support our Localities and our priorities. Pleased to meet you! Here are a few words from our new colleagues.

Locality Area Co-ordinators

Local Area Co-ordinators will support the Link Life in Fife Project. Developed from the Action 15 directive from the Scottish Government, the Link Life Fife project recognises that many things can impact on health and general wellbeing. This project supports people to better understand what is causing personal stress and help people to respond most effectively through engaging with our Community Connectors.

A Community Connector will listen and support people with any decision they make, help them identify areas that they feel ready to work on and offer practical support and guidance to make the necessary changes to improve their mental health and general wellbeing. There are seven Community Connectors to be appointed within our seven localities over the next few weeks.

Link Life Fife is open to anyone in Fife, age 18 or over, who is reaching out to their GP or other health professional for support to manage stress, anxiety or feelings of being overwhelmed that are affecting their mental health and general wellbeing.



“Hello, my name is George Murray and I have recently been appointed as a Local Area Co-ordinator with the Health & Social Care Partnership. I have over 20 years experience working in Community Learning and Development and looking forward to a new challenge in my role within the partnership. I am looking forward to engaging and supporting people in the community so that they can access local supports to help improve their mental health and wellbeing through the Link Life Fife project. In my spare time I am actively involved in the local music scene, playing in various bands and currently Chair of the Outwith Arts festival board. I am also the community and arts convener of the Dunfermline Carnegie Trust, a trustee of the Carnegie UK trust and Chair of Youth 1st.”

“Hello, my name is Louise Andree and I am a newly appointed Local Area Co-ordinator, working alongside George. My background is in befriending in the Third Sector and I am delighted to be able to continue to build up links through the Health & Social Care Partnership whilst developing this exciting new project. When I am not working, I spend as much time as I can outside - cycling, walking or on my paddleboard.”



Public Engagement Officers



“My name is Tatiana and I am originally from Russia but have lived in Scotland for a few years now. I live in Angus, but very much looking forward to exploring The Kingdom of Fife and contributing to the great work of Fife HSCP. I have a real passion for public engagement and have a wealth of experience in community engagement from my previous role at Dundee and Angus College. In my free time, if I am not ferrying my kids around, I enjoy gardening and sewing.”

“My name is Ann Reynolds, I have worked between Fife Council and Fife Health & Social Care Partnership for over 21 years as well as being a lifelong resident in Fife. I am delighted to have the opportunity to engage with the people of Fife to support them to have their views shared and listened to - so we can collectively make a difference to what matters to them and the communities in which we live. I am excited to undertake this role and look forward to working and collaborating with a variety of people so that we can actively contribute towards maintaining and building sustainable health and social care services across Fife. It will be a challenge but one that I look forward to.”



“My name is Clare Roger, I grew up in Pittenweem and am now living in Kirkcaldy. I graduated from Edinburgh Napier University in 2015 in Tourism & Airline Management before travelling around Australia for 18 months. I have worked in various people-focussed roles in very different environments including working at Edinburgh Airport, a fine-dining restaurant, a laser and laboratory safety company, and my most recent role at Perth & Kinross Council. I have always enjoyed working with people and engaging with members of the public to provide high quality standards of service and forming good working relationships. I am looking forward to transferring these skills and working in the Fife H&SCP and working closely with our stakeholders. In my spare time I enjoy running, eating out and doing DIY projects at home.”

Localities Development Co-ordinator

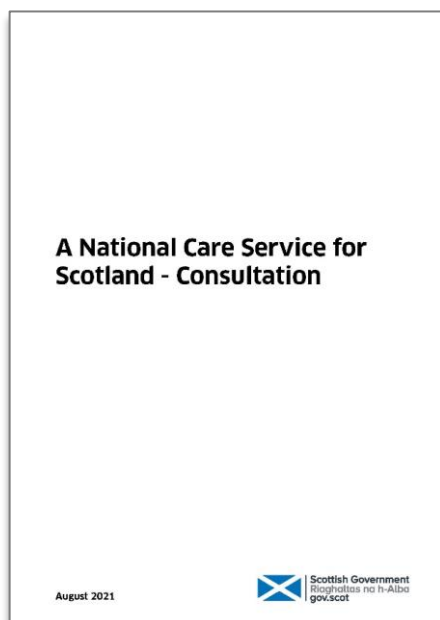


“Hi, my name is Beverley Harkins and I have joined the Partnership having worked with Fife Council for 20 plus years. I supported Fife Alcohol & Drug Partnership for 12 years and for 6 years worked in Transportation to support road safety in Fife. I am a mum of 5, love family life and the great outdoors. I am a volunteer youth and adult football coach with a local football club. I am a member Scottish Women’s Football LMC and assist in the promotion and development of girls and women’s football in Scotland. I was attracted to this role as the vision of the partnership mirrors the same vision and values that I strive to achieve and promote. I want to help people live happy, healthy, and safe lifestyles. I very much look forward to supporting [#TeamFife](#) in promoting the partnerships vision through our work in Localities.”

Scottish Government National Care Service Consultation

The Scottish Government has opened the National Care Service Consultation to set out proposals to improve the way care is delivered in Scotland. Last year, the Scottish Government commissioned an [independent review of adult social care](#) to identify ways of consistently delivering high quality services for everyone who needs them. This review recommended the creation of a new National Care Service, with Scottish Ministers being accountable for adult social care support. However, the Scottish Government want to go further than that and they are seeking everyone’s views on creating a community health and social care service that supports people of all ages, whatever their needs may be and to ensure that changes made, make tangible improvements to the outcomes of people in social care. Their ambition is to create a comprehensive community health and social care service that supports all.

The consultation period is now live, and we seek the views of as many individuals, groups, and organisations in Fife as possible to ensure everyone has the opportunity to have their say. This includes seeking the views of a wide range of people who are currently supported by social care, be it support with physical disabilities, learning disabilities, mental health conditions, older people, people recovering for substance addictions, homeless people, children and families, or children who are unable to live with their families. We want to hear the views of these people, their families, their carers, and people who work in the Health and Social Care sector. We want to hear the views of people who have used the care system in the past but no longer need to use it and we want to hear the views of people who may need to use social care services in the future, and that means everyone.



Anyone can complete an individual consultation response, however, we are also looking to capture views from the groups we work with to provide a collective response for Fife. A number of engagement workshops on the seven themes of the Scottish Government’s National Care Consultation have taken place and, are still to take place. For further information about the workshops and to register your interest, please contact Beverley.harkins@fife.gov.uk

If you would like to provide your feedback to our Localities team, please use the following link to the MS Forms Consultation (full scope) feedback form, the form is anonymised. Any feedback received will be collated into an overall response <https://forms.office.com/r/PGTxGd8UVX>

For more information on the consultation and to complete an individual response directly to Scottish Government, please click [here](#). The information is also available in BSL and Easy Read formats. The Consultation closes in November.



The Well 'Near Me' Update

The Wells are still operating virtually successfully using the Near Me system. The Wells provide an opportunity for members of the public to engage directly with staff from the partnership, third sector and community organisations. The Well Near Me is **live** every Tuesday to Thursday 10am to 12noon and every Monday and Thursday 1pm to 3pm.

To access the service all you need is a device for making video calls (smartphone, tablet, laptop), internet connection (Wi-Fi or mobile data) and Chrome or Safari Internet Browser.

Visit <https://www.fifehealthandsocialcare.org/the-well>

Contact us via The Well Phonenumber **03451 551500**

or email: TheWell@fife.gov.uk

The Wells have started working closely with the Fife Council Social Work Contact Centre, where the contact centre is directly referring people to The Wells. Any organisation, General Practitioner or other professional can refer service users to The Well by emailing the service users name, address and contact number along with a brief description of the enquiry directly to The Well email address.

We would appreciate any support with distributing information regarding The Wells to your staff and the public. If you can help with that or have any further questions about the Wells, Aleks Atanasova, The Well Co-ordinator is looking forward to hearing from you.

Email aleksandra.atanasova@fife.gov.uk

FACE TO FACE SUPPORT WITHOUT LEAVING YOUR LIVINGROOM!



'The Well Near Me' is an online video chat room that allows you to privately speak to our staff from the comfort of your own home. Our staff can provide you with information and support helping you stay independent and well within your local community.

Your friendly local staff will help you find out information and support related to:

- Your local community
- Carers support
- Housing
- Living with long term conditions
- Disabilities
- Ageing well
- Staying active
- Healthy eating

To find out how to make a call and for more information on what 'The Well' has to offer, go to:

www.fifehealthandsocialcare.org/the-well

email: TheWell@fife.gov.uk or call 03451 551500





Smart Life in Fife

People often worry about getting older and want to stay at home independently for as long as is possible. Research shows early intervention and prevention is most effective in the initial stages of ageing, and where interventions are specific to a person's needs. Currently, Health and Social Care services often don't see people until they are in crisis.

To help prevent this, Fife has an online self-assessment tool called **Smart Life in Fife**.

Smart Life in Fife is for people who are beginning to have difficulties at home. It allows people to make choices, take control and self-manage their health and mobility at an earlier stage.

The website can enable people to access advice, service information, recommendations and the equipment that is available on loan from Fife Community Equipment Store. These vital services can make everyday activities easier and enable people to live more independently at home for longer. The online system allows people to select an area of the home which they, or family members are having difficulty with. Step by step, each person is guided through an easy assessment process to identify what solutions may be best for them. The system can offer quick and easy access to a range of solutions and advise if a further professional assessment is required:

- Advice regarding exercise and ageing well
- Links to local amenities such as 'On Your Doorstep'
- Links to local and national assistive equipment providers
- Links to general health information via 'NHS Inform'
- Recommendation that the person requires a face-to-face assessment.

The system behind **Smart Life in Fife** is based on validated scientific research and extensive testing. It focuses on activities of daily living such as bathing, getting around and housework. It also provides access to a wide range of professional advice, exercise and ageing well, recommendations on home safety, local amenities and general health information as well as recommending if a person requires a face-to-face assessment. The tool can help negate the need for people to have to wait on waiting lists for assessments for small equipment.

To sign up and create an account in order to start a self-assessment visit:

www.smartlifeinfife.org



**"You can use it yourself
or ask a family member
to help you"**

NHS
inform

ADL
SMARTCARE

Fife Health
& Social Care
Partnership
supporting the people of Fife together

Fife
COUNCIL

www.smartlifeinfife.org

www.smartlifeinfife.org

Wellbeing Point

PEOPLE ARE ABLE TO LOOK
AFTER AND IMPROVE THEIR
OWN HEALTH AND WELLBEING
AND LIVE IN GOOD HEALTH
FOR LONGER



The online signposting tool **Fife's Wellbeing Point** is continuing to help people to find health and wellbeing information and resources. The tool can quickly and clearly signpost people to local and national health and wellbeing information and is easily navigated.

Wellbeing Point was developed with Penumbra (a Scottish mental health charity), Fife Health & Social Care Partnership and was funded by the Scottish Government.

The Wellbeing Point is updated regularly and provides current information. You can set the tool as a shortcut on your computer or access the mobile version via your smartphone.

To use this tool and for further information visit <https://wellbeing-point.wixsite.com/the-well>

Living Well with Long Term Conditions

Levenmouth Test of Change

Holistic Needs Assessment Approach

What is a Holistic Needs Assessment?

We are aware that people living with long term conditions may have concerns that are not always medically related. Their concerns may be physical, emotional, practical, financial and spiritual. A Holistic Needs Assessment (HNA) can help your client identify and discuss any needs or concerns they have about these areas of their life.

A HNA is a simple questionnaire for your client. It can be carried out at any stage of their long-term condition pathway (on paper or electronically), to help:



Fife Health & Social Care Partnership is delighted to bring the Holistic Needs Assessment (HNA) approach to Levenmouth area, as part of a test of change project running until end of January 2022. Working in partnership with Macmillan Cancer Support, Fife Forum, Fife Carers Centre and Citizens Advice and Rights Fife, we are exploring the benefits of this approach for people living with **COPD and/or Heart Failure**, to support them to live well in their community.

If you have a client living with **COPD and/or Heart Failure**, who you feel may benefit from receiving a HNA, please request a referral form from fife.wellbeing@fife.gov.uk

Once we receive your referral through our central point of access:

- We will contact your client and ask them to fill in a checklist or answer some simple questions.
- We will organise an appointment for your client with one of our Key Workers, to give them an opportunity to discuss their answers.
- They will create a Care Plan together.
- As well as being sent to the client, the Care Plan will also be sent you, the referrer, to inform you of your client's concerns and what help has been planned to support them.

For further information about the test of change and our Key Workers, visit:

<https://sway.office.com/Ljsp2vPePzVn3KIP?ref=Link>

This test of change is funded by Macmillan Cancer Support, using the Macmillan Holistic Needs Assessment Approach, currently used by Fife's Improving the Cancer Journey Service. This test of change will explore the benefits of this approach for people living with COPD and heart failure, in the Levenmouth area, to support them to live well in their community.

Fife Health
& Social Care
Partnership
Supporting the people of Fife together

In partnership with

MACMILLAN
CANCER SUPPORT

Supporting Mental Health

On Your Doorstep Fife – opening doors to Fife’s community

Fife Health and Social Care Partnership’s community website ‘On Your Doorstep Fife’ is for anyone who would like to know about organisations and groups across Fife’s communities.



The website has details about lots of activities ranging from scouts to singing and crafts to cadets, as well as local organisations that can provide support and advice with your health and wellbeing and care and support. Whatever you are looking for, log on to www.onyourdoorstepfife.org to see what’s on your doorstep.

Access Therapies Fife

Access Therapies Fife is part of Fife’s Health and Social Care Partnership’s Psychology Service and offers a range of free psychological therapies to adults in Fife. The aim to help people access information and talking therapies to improve their mental health and wellbeing. The website provides information on self-referral groups, a range of activities and support available in the local area, as well as a range of therapies that can be offered including help online, self-help resources and guides. The site also provides a designated GP corner – providing the GP with information to signpost their patients to the correct group together with information on Fife’s Community Mental Health Teams.



www.accesstherapiesfife.scot.nhs.uk

NHS inform – for everyday questions about health

Finding the right health and care information can make a real difference to how people manage their wellbeing. Making information accessible, quality assured and up to date helps people to make positive choices.

NHS inform is Scotland’s dedicated resource offering up-to-date facts on health, services and campaigns. It also has a wealth of information available online, over the telephone or via webchat:



- tests and treatment
- illness and conditions
- injuries
- healthy living (including stopping smoking, screening and keeping active)
- care, support and health rights

One of the many great features of the new website is that people can personalise the information that’s relevant to them using the ‘Info for Me’ tool. People can also interact and find out about specific conditions in community forums using the ‘Health Unlocked’ facility. Of course, there is always the option to talk to the health information team by telephone or using webchat.

Want to try the new service? Visit www.nhsinform.scot or call **0800224488**

Information regarding Mental Health visit www.nhsinform.scot/illnesses-and-conditions/mental-health

Carers Support

Carers Advice Project Fife

Many carers and those they care for are older. As many as 1 in 3 will experience a sensory loss in the older age group. Many struggle to live an independent life due to their sensory loss. Deafblind Scotland is a specialist charity working with adults living with dual sensory impairment. It supports other single sensory impaired adults, with a visual impairment or deafness, who can benefit from its services. The organisation's ambitions are high for people with sensory loss, particularly those with dual sensory impairment, and they are therefore at the cutting edge of finding ways to support people lead their most meaningful lives. The newly launched Carers Advice Project in Fife seeks to identify and support sensory impaired people who are carers or cared for in Fife. The project aims to reduce socio-economic and health inequalities. The project can do this by bringing online technology to the home of the client, in order for them to access Carers Allowance, Attendance Allowance and other Welfare benefits, as well as entitlements such as respite support, blue badge applications, a carers assessment and peer support from the local carers centre.

The project can also refer people to internal projects that Deafblind Scotland offer, such as the technology project, communication and independent living skills training and health and mental health improvement programmes. The project offers support and information in a variety of communication methods such as Braille/Moon translations, BSL/Tactile BSL, Deafblind Manual and audio to enable carers and those they support to access information easily.



Carers Advice Project Fife



Are you a Carer with a sensory loss?
Do you care for someone with a sensory loss?

Support we provide includes:

- Accessing Welfare Rights and Entitlements
- Promoting the Rights of Carers
- Completing Benefit Forms
- Maximising Income
- Enhancing Quality of Life
- Accessing Information

email/facetime carersadvice@dbscotland.org.uk
Tel 07950 936 114

For further information or general enquiries about the project please contact:

Maureen Macpherson, Project Worker, **Carers Advice Project Fife**

Email: carersadvice@dbscotland.org.uk

Tel: 07950 936 114

For more information about **Deafblind Scotland** please contact:

Email: info@dbscotland.org.uk

Tel/Text: 0141 777 6111

In Other News

Meal Makers - Sharing food and friendship with an older neighbour

In previous edition we introduced and updated you about **Meal Makers**, a community food sharing project delivered by **Food Train**, a national voluntary organisation supporting older people to live independently at home.

Meal Makers is still happening across Fife! There is finally “Light at the End of the Tunnel”.

Meal Makers are looking to engage with more older people as restrictions begin to return to a “normal” footing.

There is not a greater time than now to meet new friends, share stories and share lovely home cooked meals.

Quotes from our diners:

“ Knowing that someone is coming in each week, is always something to look forward to ”

“ It’s like going out to a restaurant once a week ”

One of **Meal Makers** pairings is a younger diner. They both cook together and have a strong friendship. They enjoy going to a local fitness class and share any problems the diner may have. They discuss it and sing “Let it Go”.

We have cooks available across Fife who are keen to start cooking and tackle the loneliness and isolation many people are feeling but we need your help! You told us that you know of local people who could benefit from this project, so we ask you to help ensure that potential ‘Diners’ who could benefit from a regular home cooked meal and some company are being referred within your locality.

Whether you’re looking for a meal or would like to cook a meal for an older person, it’s straight forward to sign up.

Carol Simmons, Development Officer for **Meal Makers** is looking forward to hearing from you.

Visit: www.mealmakers.org.uk

Call: **0800 783 7770**

Email: hello@mealmakers.org.uk



[http://] www.thefoodtrain.co.uk, www.mealmakers.org.uk and www.eatwellagewell.org.uk

Follow on Twitter: [@FoodTrainScot](https://twitter.com/FoodTrainScot), [@MealMakersScot](https://twitter.com/MealMakersScot), and [@EatWellScot](https://twitter.com/EatWellScot)

Veterans First Point – Repurposed Rosewell Centre



Fife Health & Social Care Partnership is committed to improving the lives of people in Fife, with this in mind we are happy to report that a local service, **V1P Fife** have moved premises into the repurposed Rosewell Centre in Lochore. Working with local veterans and partner organisations, colleagues from V1P Fife, NHS Fife and Fife Council have developed the repurposed Centre for veterans, which is staffed by clinicians and peer support veterans. The new environment is an open and airy space welcoming all visitors. The launch was attended by a number of partners including the partnership director, Nicky Connor and to mark the occasion, Keith Brown, Veterans Minister and Cabinet Secretary for Justice popped in for a visit to represent the Scottish Government and show the commitment to giving veterans the best possible care and support.

V1P Fife is a mental health and wellbeing service for veterans based on a model co-developed by veterans and clinicians in NHS Lothian in 2009. Their core principles are increasing accessibility, coordinating services and credibility by employing peer support workers with military experience working with qualified clinicians. Around 600 veterans have received some form of input from **V1P Fife** since the service first started in 2016, ranging from one-off enquiries through to help to engaging with relevant agencies and to provide intensive input from peer support workers and highly specialist psychological therapy.

Since V1P launched, it has operated from a range of health centers and other facilities across Fife.

The new Rosewell Centre is committed to helping veterans and will:

- help **V1P Fife** achieve their core principles of accessibility and co-ordination
- provide a 'one stop shop' where veterans can come for drop ins, peer support and psychological therapy
- improve the integration of services between **V1P Fife** and their partner Fife Council Housing Service
- provide housing advice and enable veterans to view new housing adaption room pods
- enable **V1P Fife** to host other key partners, such as The Wells to improve their offering to veterans and help them participate more fully in their communities.

For further information about the service please contact **V1P Fife**:

Visit: www.veteransfirstpoint.org.uk/fife

Call: **01383 565 128**

Email: fife.veteransfirstpoint@nhs.scot



How to get in touch

Like us on Facebook: www.facebook.com/FifeHSCP

Follow us on Twitter: www.twitter.com/FifeHSCP

For all other queries regarding Health and Social Care Locality Planning, please contact: Beverley Harkins, Locality Development Coordinator, Fife Health and Social Care Partnership on beverley.harkins@fife.gov.uk

The Partnership provides accessible communication in a variety of formats including for speakers of community languages or for those who require easy read versions. Formats are also provided for those who speak BSL or read Braille. A text messaging service is available for those who are Deaf or Hard of Hearing which will help you communicate with Partnership services.

To find out more about accessible formats and the text messaging service contact: Fife-UHB.EqualityandHumanRights@nhs.net or phone 01592 729130