

# .....with Localities

Issue 3 - December 2019

Welcome to Issue 3 of our Localities Newsletter which we hope helps to keep you updated on the latest news in your locality.

In our last edition we highlighted the current Strategic Plan which was due for refresh and how you could get your views heard as part of the consultation process taking place. We focussed in on carers rights and support and gave an overview of some of the priority projects happening in your locality.



**Fiona McKay**  
Head of Strategic Planning,  
Performance and  
Commissioning

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

## What's been happening strategically?

### Strategic Plan for Fife 2019-22

Since we last updated you, we have now completed all consultations that took place across Fife. We want to thank you for taking time to put forward your views on the draft strategic plan and are delighted to present to you the published [Strategic Plan for Fife 2019-22](#).

The Strategic Plan is for the delivery of health and social care services in Fife over the next three years 2019-22 and we have agreed the following 5 priorities to ensure that resources are used effectively to support Fife Health & Social Care Partnership's Vision, Mission and Values.

#### **PRIORITY 1**

Working with local people and communities to address inequalities and improve health and wellbeing outcomes across Fife

#### **PRIORITY 2**

Promoting mental health and wellbeing

#### **PRIORITY 3**

Working with communities, partners and our workforce to effectively transform, integrate and improve our services

#### **PRIORITY 4**

Living well with long term conditions

#### **PRIORITY 5**

Managing resources effectively while delivering quality outcomes



## Nicky Connor – Director of Health and Social Care

We are delighted to introduce Nicky Connor, who has been appointed as Director of Health and Social Care in Fife. Nicky brings with her a wealth of knowledge with over 20 years' experience covering a diversity of public service roles including nursing, acute, specialist and community roles along with professional and clinical leadership to services within Fife's communities and leading on regional and national work.



*"I am delighted to take up the role as director of Fife's Health and Social Care Partnership. I see daily the exceptional staff we have, delivering high quality services to thousands of Fifers every day. I'm looking forward to leading the Partnership to continue to deliver and improve on the services and vision for Fife."* **Nicky Connor**

Nicky was born in Fife and as a child used to love holidaying in Crail. She now lives in Kirkcaldy with her husband and two girls.

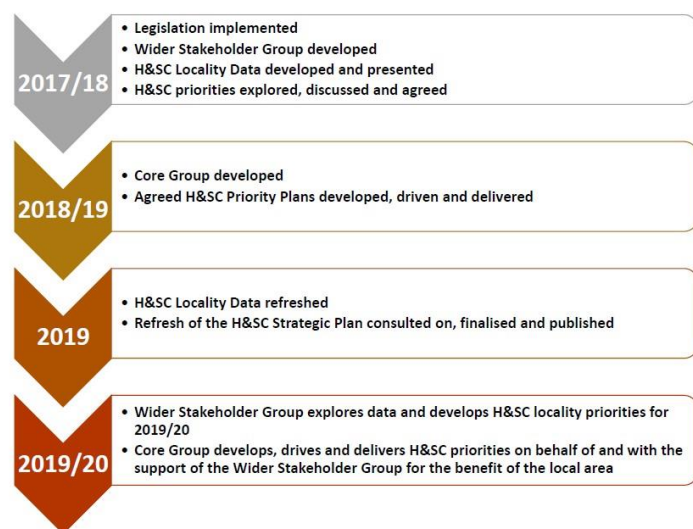
**INTERESTING FACT:** Nicky has abseiled from the Forth Road Bridge and her next ambition is to walk the full Fife Coastal Path.

## What's been happening in your locality?

### Fife Health & Social Care – Locality Planning

The Locality Plans are updated on an annual basis to show how the strategic plan is being implemented locally to ensure services respond to local priorities.

Locality Planning will be evidenced within **Priority 1 – Working with local people and communities to address inequalities and improve health and wellbeing outcomes across Fife** but will span all five priorities.



**2019** saw the completion of the second phase of Health & social Care Locality Planning, with the implementation of Locality Planning Core Groups across the seven areas and delivery of the agreed priorities within each of the localities.

**Locality Planning Core Groups** are made up of key local professionals, practitioners and people who use services and who are responsible for the delivery of the agreed priorities on behalf of their locality.

**Locality Planning Wider Stakeholder Groups** are made up of representatives of all key stakeholders and contribute to the development of agreed priorities for each locality.

A range of Core Group meetings were held throughout 2019 to drive forward the priorities and the Core Groups have now gone back to their Wider Stakeholder Groups with a purpose of:

- looking back at what people originally told us
- exploring what the refreshed data is telling us
- developing an understanding of the refreshed strategic plan
- showcasing what has been delivered to date
- identifying any challenges
- exploring next steps.

**2020** sees us moving into phase three, where the Core Groups will be refreshing their Locality Plans and priority actions based on those Wider Stakeholder Group discussions, highlighting the refreshed strategic plan and refreshed data. So look out for further information in the new year regarding progress within your locality of interest.

[www.fifehealthandsocialcare.org/your-community/](http://www.fifehealthandsocialcare.org/your-community/)

# The Wells



Within the refreshed plans, The Wells will continue to develop across the 7 locality areas. We are delighted to introduce Aleks Atanasova, Wells Coordinator, who is taking on board all the feedback regarding The Wells from the Wider Stakeholder Group discussions. In the short time that Aleks has been in post, she has been developing the marketing campaign and social media, connecting with staff, ensuring that the evaluation tool is streamlined and is currently exploring offering people, who are currently on waiting lists for services, a chance to have a conversation with staff within The Well setting.

Have a look at some of the **Success Stories** videos on Facebook:

[www.facebook.com/FifeHSCP/videos/1054482918237726/](https://www.facebook.com/FifeHSCP/videos/1054482918237726/)

[www.facebook.com/FifeHSCP/videos/2625400674213388/](https://www.facebook.com/FifeHSCP/videos/2625400674213388/)

[www.facebook.com/FifeHSCP/videos/573419473408760/](https://www.facebook.com/FifeHSCP/videos/573419473408760/)

**THE WELL**

**NORTH EAST FIFE**  
**Saint Andrew's Episcopal Church**  
 Queens Gardens, St Andrews  
 Tuesday 12noon to 2pm

**GLENROTHES**  
**Glenrothes Baptise Church Cafe**  
 Unicorn House, Falkland Place  
 every Wednesday 11am to 1pm

**COWDENBEATH**  
**The Clearing**  
 239 High Street, Cowdenbeath  
 every Tuesday 11am to 1pm

**SOUTH WEST FIFE**  
**Valleyfield Community Centre**  
 1st Tues of every month 11am - 1pm

**Oakley Community Centre**  
 2nd Friday of every month 12noon - 2pm

**Parkgate Community Centre, Rosyth**  
 3rd Wed of every month 10.30am-12.30pm

**Dalgety Bay Parish Church**  
 4th Wed of every month 1.45pm - 3.00pm

**DUNFERMLINE**  
**Dunfermline Advice Hub**  
 31 Chapel Street, Dunfermline  
 every Tuesday 10am to 12noon

**LEVENMOUTH**  
**Kennoway Community Shed**  
 Cotlands Park, Kennoway  
 every Thursday 10am to 12noon

**Leven Baptist Church**  
 Church Road, Leven  
 every Thursday 10am - 12noon

**Buckhaven Community Centre**  
 Kinnear Street, Buckhaven  
 every Friday 10am - 12noon

**KIRKCLADY**  
**Community Events Unit, Mercat**  
 Shopping Centre, Kirkcaldy  
 every Thursday 10am to 12noon

There will be further developments across The Wells over the coming year, so make sure you stay up to date with how they are progressing by visiting:

[www.fifehealthandsocialcare.org/the-well](http://www.fifehealthandsocialcare.org/the-well)

**Telephone Number - 03451 551500**

## Meal Makers - Sharing food and friendship with an older neighbour

MEAL  
MAKERS



In the last issue we introduced you to **Meal Makers**, a community food sharing project delivered by **Food Train**, a national voluntary organisation supporting older people to live independently at home.

We are delighted to report that Meal Makers have been busy across Fife in 2019 and now have a number of volunteer 'Cooks' who are ready to be matched with older neighbours 'Diners' over the age of 55 who would benefit from the provision of home cooked meals and company.

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](http://www.mealmakers.org.uk)

Call **0800 783 7770**

Email [hello@mealmakers.org.uk](mailto:hello@mealmakers.org.uk)



*Our Cook in Glenrothes (Stacey) with her kids who go round to visit her Diner (Faye) regularly and have done for over 2 years*

## Glenrothes Market Hall Event

an information sharing event

Glenrothes Health & Social Care Locality Planning and GP Cluster Groups were delighted to work together on their first Glenrothes Market Hall Event held in September 2019, hosted by Fife Voluntary Action, aimed at primary care staff and front-line staff from Health & Social Care Partnership and other partners in the Glenrothes area.



The event was organised to support local front-line staff to increase their knowledge of the organisations/groups working in the Glenrothes area; what they do, where they are in the local community and how you can refer into or use their services.

Click [here](#) to have a look at video highlights and read the evaluation from the day.

## In Other News

### Out-of-hours Urgent Care

Urgent Care Services Fife value your assistance in sharing information with people who use your services, so that they can access urgent care when their GP surgery, dentist or local pharmacy is closed.

The key message is that the safest way to obtain care out of hours is to call 111 (free number), then NHS 24 will direct you to the most appropriate care for your need.

Out-of-hours Urgent Care is care in the community that needs a response before the next routine care service is available, for example, a GP or District Nurse. It is not 999 emergency care. We need your help to share this message within your local communities.

If you would like an electronic or hard copy of the **We'll keep you right and safe: Out-of-Hours Urgent Care** poster, please contact [fife-uhb.urgentcareredesign@nhs.net](mailto:fife-uhb.urgentcareredesign@nhs.net).

# Out-of-Hours Urgent Care

When your GP, Dentist and local Pharmacy are closed, and you are too ill to wait, call: 111 (Free number)



In an emergency call: 999



A well-stocked medicine cabinet and NHS 24's website [www.nhsinform.scot/self-help-guides](http://www.nhsinform.scot/self-help-guides) mean you can look after sore throats, coughs, colds, minor cuts and sprains by yourself

**Looking After Yourself**



General healthcare advice and a Minor Ailment Service with free treatment (where appropriate) for common conditions from allergies to cold sores, indigestion to head-lice. Also treatment for urinary tract infections (females age 16-65). No appointment needed

**Local Pharmacy**



If you need someone to talk to, support and advice are available from Breathing Space 0800 838587 [www.breathingspace.scot](http://www.breathingspace.scot) and Samaritans 116 123 [www.samaritans.org](http://www.samaritans.org). For self help advice on staying mentally healthy, [www.accesstherapiesfife.scot.nhs.uk](http://www.accesstherapiesfife.scot.nhs.uk) or [www.moodcafe.co.uk](http://www.moodcafe.co.uk) Urgent support call 111

**Mental Health**



In the event of a dental emergency when your dentist is closed call 111

**Dentist**



When an injury or illness (physical or mental) does not improve and you are too ill to wait until your GP, dentist or local pharmacy is open, a range of healthcare professionals are available by calling 111

**Out-of-Hours Urgent Care**



Cuts and minor burns, sprains and strains, suspected broken bones and fractures, out of hours call 111

**Minor Injuries**



Accident and Emergency is for severe injury, breathing difficulties and severe bleeding. For suspected heart attack or stroke call 999

**Accident & Emergency or 999**

For more information or alternative language translations go to:  
[www.nhsfife.org/knowwhototurnto](http://www.nhsfife.org/knowwhototurnto)

## A focus on Mental Health ...

### 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](http://www.accesstherapiesfife.scot.nhs.uk)

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### 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](http://www.onyourdoorstepfife.org) to see what's on your doorstep.

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### 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](http://www.nhsinform.scot) or call **0800224488**

Information regarding Mental Health visit [www.nhsinform.scot/illnesses-and-conditions/mental-health](http://www.nhsinform.scot/illnesses-and-conditions/mental-health)

# Mental Health Diagnosis? – Help is at Hand

The Help is at Hand Leaflet was developed by volunteers with lived experience of mental health services and diagnosis in Fife and beyond. It is designed to be given to someone relatively early in their interaction with mental health services and preferably at point of diagnosis, although it is equally relevant to people who do not have a diagnosis but are experiencing mental health challenge.



The leaflet contains reassuring quotes from former service users and links to a range of local information directors such as On Your Doorstep and Access Therapies Fife as well as core services and emergency numbers.

It comes in a handy back-pocket/wallet size format so is easy for people to keep within reach or share with others.

If you would like to order copies of the leaflet for you and your staff team, please get in touch and we can arrange delivery.

We are also happy to come and talk to your teams about the background to developing the Health is at Hand leaflet from the perspective of people who use services and why we think it is so important to share.

Contact Pegs Bailey, Employability Development Manager, Fife Voluntary Action

Email [pegs@fifevoluntaryaction.org.uk](mailto:pegs@fifevoluntaryaction.org.uk) or call **01592 760720**

## Wellness Recovery Action Plan (WRAP)

The Richmond Fellowship piloted delivering peer-led WRAP workshops in community group settings in different locations across Fife, funded by the Delivering Differently project. It was important that people were supported to develop the skills and knowledge to look after their own wellbeing in between appointments with clinical staff and as part of a rounded approach to their recovery. The ability to cope with the fluctuating nature of mental ill health is essential to people feeling confident to even think about returning to work.



During the project the Richmond Fellowship delivered several WRAP Level 1 workshops to groups and offered participants the opportunity to become a facilitator of the WRAP workshops. One participant has now completed their facilitator training and is keen to deliver a workshop.

WRAP Level 1 training can accommodate up to 14 people.

If you are interested in finding out more information about hosting a WRAP workshop, please contact Pam Butter at The Richmond Fellowship Scotland on **01592 774967** or [pbutter@trfs.org.uk](mailto:pbutter@trfs.org.uk).

## Wellbeing Point

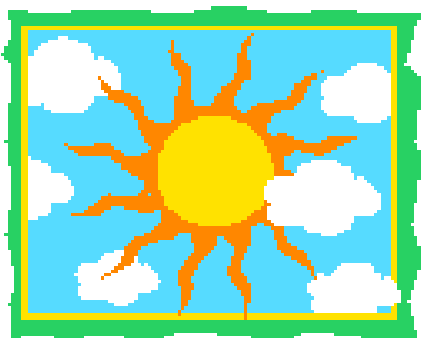


Fife Health & Social Care Partnerships believes in supporting people to look after and improve their own health & wellbeing and live in good health for longer.

Fife's **Wellbeing Point**, is an online signposting tool that can quickly, clearly and easily signpost to local and national health & wellbeing information.

This tool has been developed with Penumbra, a Scottish mental health charity and was funded by the Scottish Government, to support the roll out of The Wells across Fife.

## LINK East Fife Adult Mental Health Befriending Project



LINK East Fife Adult Mental Health Befriending Project was set up in North East Fife in 1996 because of demand from services users and workers who felt that there was a gap in the adult mental health service provision which could be met by a befriending service. This service has now expanded into the Levenmouth area and is being supported by Rebecca Manley, Project Coordinator, aimed at adults between the ages of 18 and 63, who are socially isolated or lonely and who are experiencing or are recovering from mental health issues. The project aims to recruit, train and support volunteers who will be matched to people who are isolated due to mental health problems.

Referrals are welcomed from various agencies, including Health, Social Work and the Voluntary Sector. If you are interested and think this service may be beneficial to any of your service users, please contact Rebecca Manley, Project Coordinator on [07395448389](tel:07395448389) or [becky@linkbefriendingef.org.uk](mailto:becky@linkbefriendingef.org.uk), for an informal chat about the referral process and how LINK may be able to help.

For further information about the project visit [www.linkbefriending.org.uk](http://www.linkbefriending.org.uk).

## Better Than Well

A free service for adults who have experienced abuse and neglect in childhood. This service is for people aged 16 and over who live in the City of Dunfermline, Cowdenbeath, Glenrothes, Kirkcaldy and Levenmouth areas.

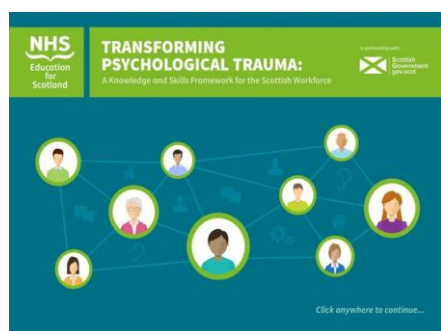
Better Than Well offers up to eight one-to-one self help coaching sessions to help adults who have experienced childhood trauma stay safe and stable. Our self-help coaches use a Cognitive Behavioural Therapy-based approach which will introduce you to resources, techniques and tools tailored to help you:

- Recognise and understand the impact of trauma
- Identify meaningful personal outcomes and how to work towards them
- Connect to other service and sources of support in the community.



### Other Services from Better Than Well

We provide training for organisations to promote trauma informed work practices and participate in shared learning events to increase awareness of the impact of childhood trauma.



Our Trauma Training looks at:

- increasing your understanding and insight into the impact of trauma and how it may affect people
- increasing awareness and knowledge of how people who have experienced trauma may present to services
- increasing skills and knowledge in recognising and working with people who have experienced trauma
- increasing your understanding of trauma informed practice and how this can positively impact on care and support for people

Get in touch to find out more. Call [01592 644048](tel:01592644048) or email [selfhelp@linkliving.org.uk](mailto:selfhelp@linkliving.org.uk).



## How to get in touch

Like us on Facebook: [www.facebook.com/FifeHSCP](http://www.facebook.com/FifeHSCP)

Follow us on Twitter: [www.twitter.com/FifeHSCP](http://www.twitter.com/FifeHSCP)

For all other queries regarding Health and Social Care Locality Planning, please contact:  
Heather Gibson, Locality Development Coordinator, Fife Health and Social Care Partnership on  
[heather.gibson-nhs@fife.gov.uk](mailto:heather.gibson-nhs@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](mailto:Fife-UHB.EqualityandHumanRights@nhs.net) or phone 01592 729130