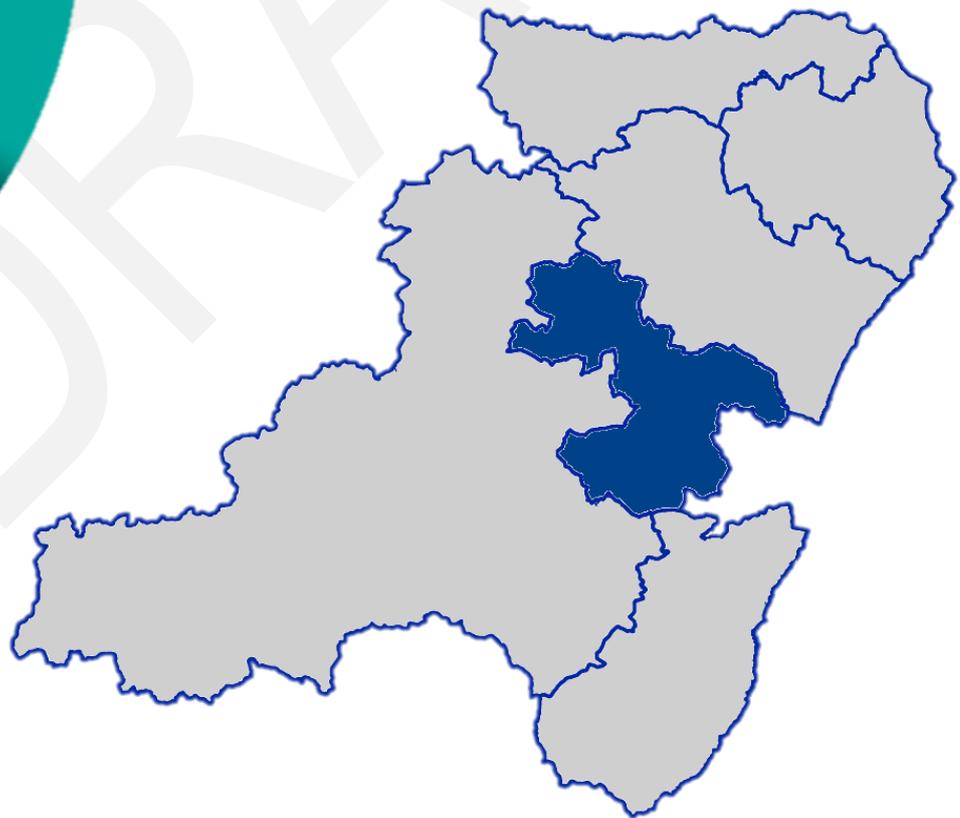




Aberdeenshire
Health & Social Care
Partnership

Health and Social Care Locality Plan Garioch 2018 – 2021



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FOREWORD

Building on a person's abilities, we will deliver high quality person centred care to enhance their independence and wellbeing in their own communities.



Garioch is a great place to live and work and we want to work in partnership with our local communities to plan, commission and deliver services in such a way that will support people to live healthy, active and safe lives. This will be achieved through promoting greater personal independence, choice and control.

We want to ensure our people and communities are at the heart of decision making and are enabled to influence how resources are utilised. We are developing new ways of working that will give communities more control of their health and wellbeing. It is also acknowledged that the funding we have to support people is reducing in a landscape where demand is increasing due to the changing demographics.

So we feel that now the time is right to develop new ways of working and embracing the opportunities we have in our local communities. The Locality Plan provides an overview of what we will strive to achieve going forward and I would like to thank everyone who has helped contribute to this process. The essence of partnership is sharing and I look forward to working together with everyone who has an interest in improving health and social care services at a local level.



Jane Graham and Philippa Berry

Garioch Location Managers

Aberdeenshire Health and Social Care Partnership

1. INTRODUCTION

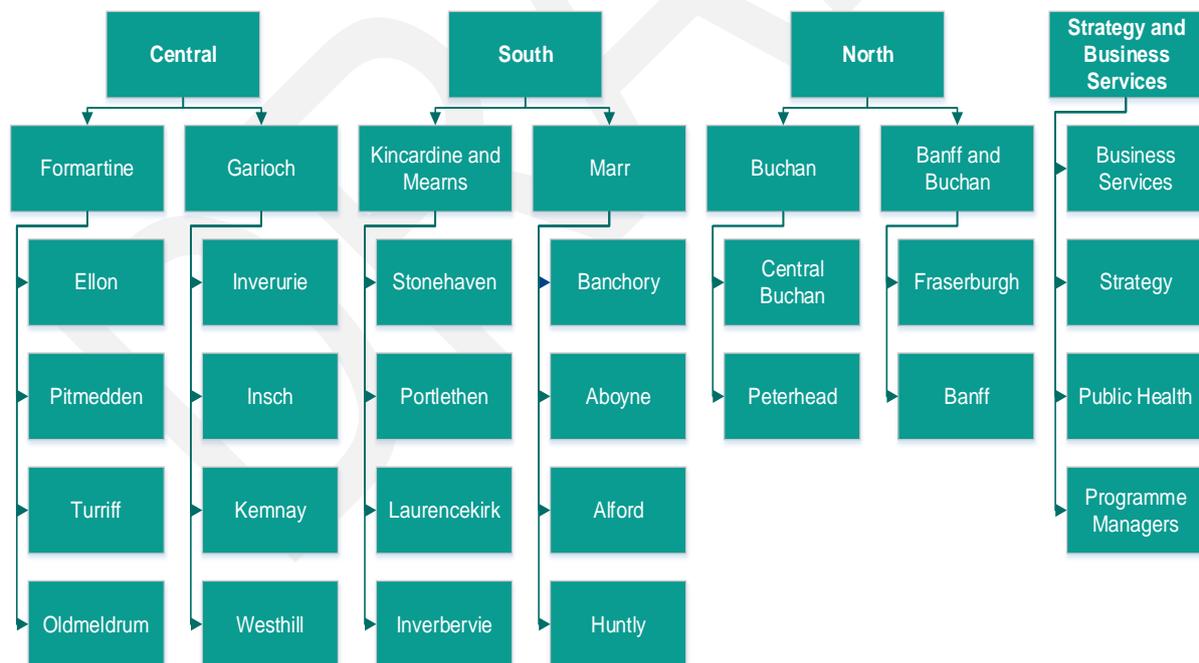
1.1 What is a Locality?

A locality is described as a small area within the Integration Authority borders. In Aberdeenshire our localities are organised so that health and social care teams and the people in the area they serve can have a clear influence on the resources that are available and the development of new services and supports.

Localities are defined by geography, the people that live and work in the area, the characteristics of the population and to some extent by existing services such as the location of community hospitals, health centres and social work offices.

Aberdeenshire Health and Social Care Partnership has four Partnership managers; a manager for Strategy and Business Services and three Partnership managers who cover South, Central and North Aberdeenshire. The South, Central and North Partnership managers each have overall responsibility for two of the six administrative areas in Aberdeenshire. Within each administrative area lies Aberdeenshire's localities.

The organigram below demonstrates the links between localities, administrative areas and partnership areas.



1.2 What is the Locality Plan?

The Public Bodies (Joint Working) (Scotland) Act 2014 requires Health and Social Care Partnerships to define their localities and how they will lead service planning at this locality level. The plan is about how we will be integrating health and social care within the Garioch area of Aberdeenshire as part of Aberdeenshire Health and Social Care Partnership.

Locality planning is a way for Aberdeenshire's localities to come together to look at and prioritise the needs of its people. A Locality Planning Group has been established for Central Aberdeenshire and will produce two locality plans for Garioch and Formartine.

This plan covers Garioch, which includes but not limited to:

Blackburn
 Insch
 Inverurie
 Kemnay

Kintore
 Newmachar
 Westhill

This is our opportunity to provide one route under integration to ensure strong community, clinical and professional leadership and focus our joint responsibilities to improve outcomes for people. Garioch as a locality will be central to the process of integration, bringing together service users, carers, health and care professionals to plan and redesign services enabling influence over resources within the area and ensuring at a local level we can support capacity building within Garioch.

Our locality plan sets out the achievements within the Garioch area and highlights the ongoing commitment of those who live and work within the area. It also references the challenges that we face as a Locality and the actions required, not only from the health and social care services, but from the people within the community themselves and how they can support one another.

1.3 Who is the Locality Plan for?

This plan is for people living within the Garioch area of Aberdeenshire who currently have access to health and social care services and also for those who may require care and support in the future. Furthermore, it is aimed at people who are well and want to maintain or improve their health and wellbeing.

1.4 What is Included in the Locality Plan?

Throughout this plan we will make reference to health and social care services, primary care services, housing services, acute services and some elements of children's services where we are beginning to see integrated working.

1.5 The Benefits of Locality Planning

- It gives the locality the opportunity to play an active role in service design and improvement.
- The process will raise awareness of current services and celebrate successful partnership working.
- Identifying local priorities ensures that the needs of the locality are being addressed by those who know it best.
- It creates a culture where these local relationships can lead to real change.

1.6 The Wider Picture

This plan will be one of six plans for Aberdeenshire Health and Social Care Partnership and will align with our wider strategic priorities and the nine national health and wellbeing outcomes.



The strategic plan sets out our high level priorities which provides direction for the Partnership. The commissioning plan ensures funding is aligned to the projects that are linked to the strategic priorities. The locality planning and community planning groups engage with communities to prioritise local need. Moving forward the locality plan will help to inform future strategic direction.

The national health and wellbeing outcomes provide a strategic framework for the planning and delivery of health and social care services. The suite of nine national health and wellbeing outcomes focus on improving the experience and quality of services for people using integrated health and social care services, carers and their families. These outcomes focus on improving how services are provided, as well as, the difference that integrated health and social care services should make, for individuals.

The Aberdeenshire Health and Social Care Partnership Strategic Priorities

1. The most appropriate and effective use of acute and community resources.
2. Involving people as partners with early identification, management and appropriate support to promote recovery and achieve their potential.
3. Active engagement with all stakeholders to optimise the best planning and use of resources.
4. Development of services that are fit for the future.
5. Quality.
6. Support the contribution of an individual's network of support.
7. Empowering the workforce.
8. Prevention.
9. Public Protection.
10. Reducing inequalities to provide equitable outcomes for the population.

The Nine National Health and Wellbeing Outcomes:

1. People are able to look after and improve their own health and live in good health for longer	2. People including those with disabilities or Long Term Conditions or are frail are able to live independently at home or in a homely setting in their community	3. People who use Health & Social Care services have positive experiences of those services and have their dignity respected
4. Health & Social Care services are centred on helping to maintain or improve the quality of life of people who use those services	5. Health & Social Care services contribute to reducing health inequalities	6. People who provide unpaid care are supported to look after their own health, including to reduce any negative impact of their caring role on their own health
7. People who use Health & Social Care services are safe from harm	8. People who work in Health & Social Care services feel engaged with the work they do and are supported to improve	9. Effective resource use

1.7 What are we hoping to Achieve?

The plan is centred on the Aberdeenshire Health and Social Care Partnership Vision:

“Building on a person’s ability, we will deliver high quality person centred care to enhance their independence and well-being in their own communities”

For the people in our community this means that services are designed around the needs of the person. People are entitled to expect the best possible advice, care and support from our staff in a timely manner and in the right place.

Every individual is able to contribute to their own health and wellbeing, make their views known and participate in their own care. A person’s family, their social network and their close community all have a part to play to achieve healthy lifestyles and to support those who need help to continue to live in their own homes.

Within Garioch we are committed to developing our services to meet local need. We plan to achieve this through ongoing local community consultations and engagement events, helping us to understand and evolve the local community resources to achieve better outcomes.

1.8 What are the Main Challenges?

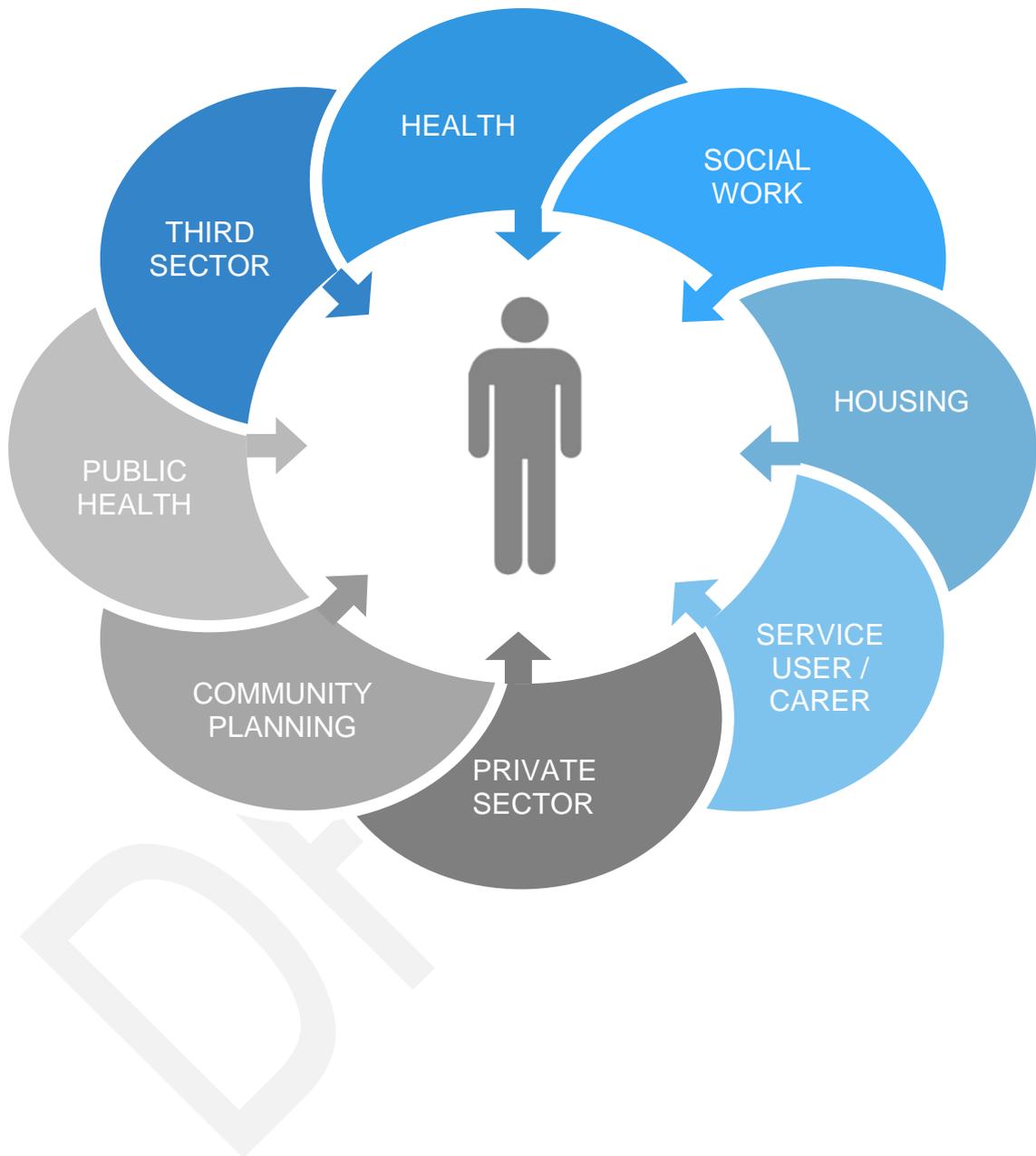


1.9 Locality Planning Group

The role of the Garioch locality planning group is to:

- Promote the values and priorities of the strategic plan for Aberdeenshire Health and Social Care Partnership.
 - Support and empower the people of Garioch to identify and deliver their priorities.
 - To create the locality plan document for Garioch.
-

The Garioch locality planning group consists of a wide range of stakeholders:



1.10 Local Engagement

A wide variety of engagement and consultation activities have taken place across Garioch, including community and staff integration events, community action surveys and community planning place standard events, 'Your Voice – Your Choice' amongst others. These events have enabled us to gather meaningful and relevant information about what matters to the people of Garioch when it comes to the health and wellbeing of their communities and the type of health and social care services they want to be able to access.

In addition, as part of the locality plan development process, stakeholder workshops were held with the central locality group, which was made up of staff from both within and outwith the partnership, third sector, community based organisations, and service user representatives. The members of this group used their knowledge of the area to identify the initial priorities for the locality plan and each member of the group shared these with their own wider network for comments and feedback. Following every workshop, the outputs were circulated around the wider network. This approach enabled us to ensure that the locality plan was developed with ongoing input from the people who are best placed to identify the priorities, objectives and measurable actions against which we can measure our performance and progress.

Consultation and engagement will be an ongoing process and we will continue to seek feedback and comments from people living and working in Garioch as the locality plan is delivered over 2018-2021. Feedback obtained during this time will feed into the next locality plan.



2. ABOUT THE LOCALITY

2.1 Our Locality - Garioch

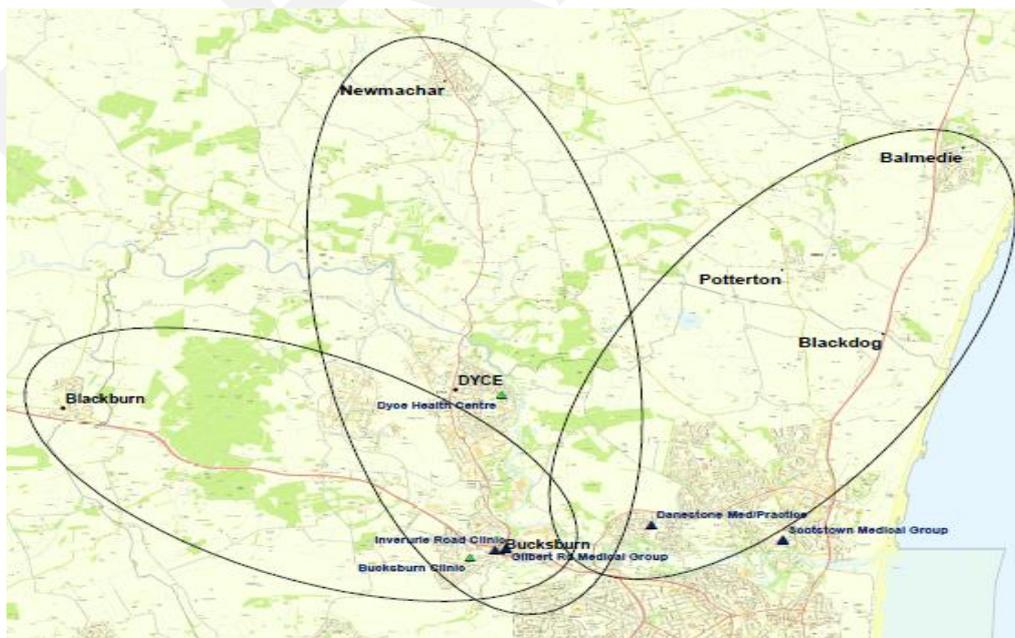
Unemployment levels are low and Garioch is seen as thriving and prosperous. As an indicator of affluence, the percentage of the over 60 years' population in receipt of pension credit is the lowest of all the six local authority areas.

Greater social inclusion, which has a significant impact on people's health and life expectancy, is a priority for this area. Service providers from all sectors are responding to the needs of older people and people with learning disabilities by offering more choice and control in how they access services, and by supporting unpaid carers and family members to look after their own health.

Areas of concern in respect of Garioch include the higher levels of early deaths from coronary heart disease, higher numbers of patients registered with cancer and the increasing percentage of the population who are 'access deprived'. There are a number of areas of encouragement in Garioch, including the lower levels of all-cause mortality among the 15-44 age group, patients hospitalised with asthma or as a result of drugs and the numbers of mothers during pregnancy.

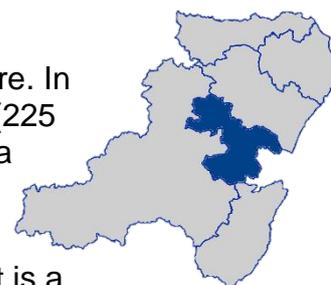
North Corridor Project

There is ongoing development of a service strategy to redesign primary health and community care services in the communities of Blackburn, Balmedie, Newmachar in Aberdeenshire and Bucksburn and Dyce in Aberdeen City. This will modernise the related infrastructure to support the delivery of the future service model. Historically, this way of working has had a significant impact on our health and social care teams as well as services users and this exciting piece of work will have a positive impact on our services and service user experience in the near future.



2.2 Geography

Garioch is one of the six administrative areas in Aberdeenshire. In terms of size, the area encompasses 583 square kilometres (225 square miles) and represents just over 9% of the Council area – this is the smallest of the six administrative area, however is by far the most densely populated area.



Centred on Inverurie, known locally as the heart of Garioch, it is a traditional rural market town whose foundation dates back to the ninth century.

Significant growth in population, services and employment is anticipated in the A96 corridor and in Westhill.

The area is largely agricultural, but is strongly affected by Aberdeen's economy and the oil and gas sector. Garioch holds growing potential for tourism, in its environment and archaeological heritage.

2.3 Population

Garioch has a population of 55,096 (2017). The residents of Garioch make up 20.9% of Aberdeenshire's total population. Garioch population continues to increase and has risen gradually over the past decade. The population is estimated to have increased by 25.1% since 2002 and is expected to grow further by nearly 12% over the next decade, which is the fastest projected growth rate in Aberdeenshire. The area age profile has a higher representation of younger age groups than Aberdeenshire generally and an increasing aging population.

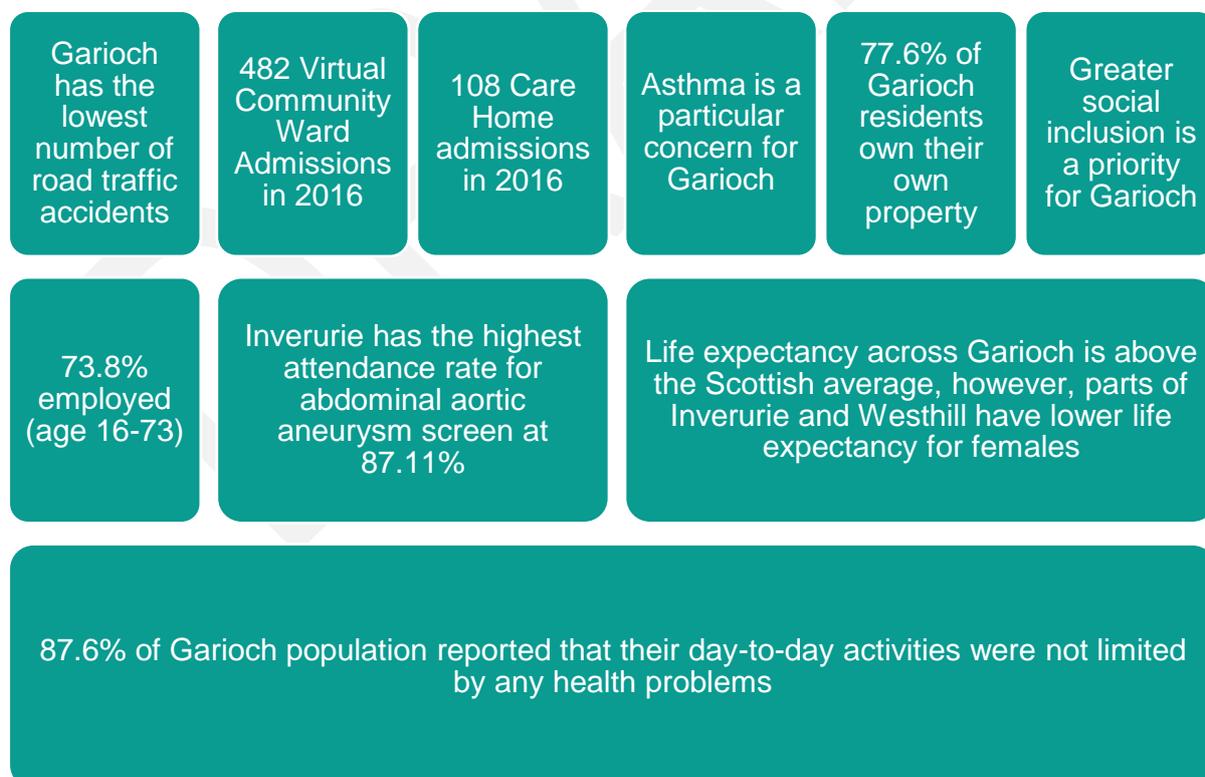
Population Size for Main Settlements in Garioch:

Settlement / Area	2001	2016	Percentage Increase
Blackburn	1386	2602	46.7%
Insch	1523	2057	25.9%
Inverurie	10885	13321	18.2%
Kemnay	3698	3675	-0.6%
Kintore	2097	4634	54.7%
Newmachar	2319	2267	-2.2%
Westhill	9501	11498	17.4%
Remainder of Area	11100	11641	4.6%

The Scottish Government Urban Rural Classification provides a standard definition of rural areas in Scotland:

Classification	Description
1 Large Urban Areas	Settlements of 125,000 or more people
2 Other Urban Areas	Settlements of 10,000 to 124,999 people
3 Accessible Small Towns	Settlements of 3,000 to 9,999 people and within 30 minutes' drive of a settlement of 10,000 or more
4 Remote Small Towns	Settlements of 3,000 to 9,999 people and with a drive time of over 30 minutes to a settlement of 10,000 or more
5 Accessible Rural	Areas with a population of less than 3,000 people, and within a 30 minute drive of a settlement of 10,000 or more
6 Remote Rural	Areas with a population of less than 3,000 people, and with a drive time of over 30 minutes to a settlement of 10,000 or more

2.4 Snapshot of the Population in Garioch



Source: Garioch area census profile 2011, Locality Profiling and Carefirst Social Work system

2.5 Asset Based Approach

It is recognised that the assets in Garioch are part of a suite of services, networks and partnerships that provide support to our local communities. We recognise that people are our most valuable resource, however it is also important to make best use of the physical assets available in the community to help us deliver better outcomes for the people of Garioch.

The acute hospital (Aberdeen Royal Infirmary) and mental health services (Royal Cornhill Hospital) are provided in Aberdeen City for the whole of Aberdeenshire.

Health and Social Care Partnership Resources in the Garioch area

Category	Physical Asset	Total Number
Health	Community Hospital	2
	GP Practices	4
	Community Pharmacies	9
	Dental Practices	10
	Opticians	6
Housing	Care Homes	1
	Learning Disability Extra Care Facility	1
	Sheltered Housing Complexes	14
	Very Sheltered Housing Complex	1
Community	Day Service	2
	Libraries	6
	Leisure Facilities	2
	Community Centres	3

In Garioch, the third sector is made up of many registered charities and a substantial number of community groups and social enterprises. Many of these are set up to help people maintain and improve their own health and wellbeing: With support provided by Aberdeenshire Voluntary Action as the third sector interface.

Information regarding third and private sector resources can be found:

<http://signpostingproject.org.uk/>

<https://www.aliss.org/>

<http://www.grampiancaredata.gov.uk/>

<http://avashire.org.uk/>

2.6 Summary of Key Information

Delayed Discharge

Delayed discharge is the term used to describe an instance where a person in hospital is medically fit to be discharged but is unable to do so. This can be due to inability to identify suitable care at home support, waiting for adaptations or equipment in the home or a lack of availability of community hospital resources.



Reducing the number of delayed discharge patients is a priority for the Aberdeenshire Health and Social Care Partnership as it is both physically and psychologically detrimental to the wellbeing of a patient if they are delayed in hospital. Research has shown that a patient's wellbeing deteriorates and their confidence and independence can be compromised if they remain in hospital beyond the point they are medically fit to leave.

Through the introduction of sustainable improvements such as increasing care at home, falls prevention and a rehabilitation approach, progress has been made in getting people discharged from hospital earlier and avoiding readmission, the Aberdeenshire Health and Social Care Partnership have reduced the number of delayed discharge patients by 25% (from October 2016 to September 2017) in both Insh and Inverurie Community Hospitals.

Virtual Community Wards

The Virtual Community Ward creates a system which can rapidly identify and meet the needs of individuals who have acute illness, exacerbation of chronic illness, terminal phase of an illness or complexity associated with social care needs. The intervention is therefore aimed at the group of individuals most likely to suffer an otherwise avoidable hospital or care home admission, or to come to harm due to a lack of organisation of, and consistency of, health and social care.

Individuals who could benefit from this approach are identified by any member of the health and social care team. Individuals are "admitted" and their names entered on a whiteboard. GPs, social work staff, community nurses and where appropriate other team members meet each morning around the whiteboard for about 15 minutes, checking rapidly on progress of individuals and deciding on actions needed that day. Once individuals have recovered they are then "discharged" from the ward to normal or if necessary enhanced care.

Face to face meetings help to build good working relationships and trust within our teams and patients benefit from a proactive whole team response. We have been very effective at supporting patients to recover at home and avoid admission to hospital. We have greatly benefited from the introduction of the Aberdeenshire Responders for Care at Home (ARCH) service who have been able to step up or introduce care to patients as soon as it is required.

Adult Protection

Aberdeenshire Health and Social Care Partnership has undertaken a considerable amount of work around raising awareness of the importance of adult protection among staff within the Partnership and the wider community.

Adult Protection is everyone's responsibility and the Health and Social Care Partnership is working hard to support and encourage staff to work together to identify when people may be at risk. A multi-disciplinary approach, involving relevant professionals as well as their family and/or carers can ensure the best outcome for the person.

Carers

A carer is someone of any age who provides support to a member of their family or a friend who is affected by long-term illness, disability, age or addiction. Based on the 'Scotland's Carers' report published by the Scottish Government in March 2015, it was estimated that there were 759,000 adult carers in Scotland. This equates to 17% of the adult population. In Aberdeenshire, this would give us an estimated 36,228 adult carers and for Formartine an estimated 9,366 adult carers. The total number of carers is likely to be higher as many people do not identify themselves as carers.



Following a health & social care carer survey in early 2016, carers in Garioch reported the following:

- 94% of Garioch respondents say that they are satisfied with the health, social care and social work services they receive.
- 77% of Garioch respondents say that caring has a negative impact on their health and wellbeing which is larger than Aberdeenshire as a whole.
- 56% of Garioch respondents say that they are offered support for their caring role, this is significantly less than the Aberdeenshire average.

A separate adult carer strategy for Aberdeenshire is currently being developed which details the full local plan to support carers in Aberdeenshire from April 2018 to April 2020.

Substance Use

Garioch has the third lowest alcohol-related and drug-related hospital stays of all the six localities within Aberdeenshire and is below the rate for Aberdeenshire and Grampian generally.

The trend in rates of alcohol-related hospital stays show a relatively unchanged position since 2002/2003, whereas Aberdeenshire has seen a slight reduction over the same time period. Rates for drug-related hospital stays have shown a similar pattern to that observed for Aberdeenshire.

In relation to the rate of deaths from alcohol conditions, Garioch is the third lowest of all the localities, however it has shown an increase in the most recent reporting period.

Learning Disability

In 2017, there were 23,186 adults with a learning disability known to local authorities across Scotland. In relation to Garioch, approximately 0.5% of the adult population has a learning disability. Care Inspectorate reports say most services in Aberdeenshire are “good” or “very good” and there is high satisfaction of both health and social care services. More people are supported to live in the community, to be active citizens and to achieve their goals and aspirations.

Promoting a More Inclusive Society (PAMIS) Grampian is a third sector provider of support to those with profound and multiple learning disabilities, who are some of the most vulnerable and excluded in our communities.

PAMIS Grampian have identified what they believe to be the priorities for our localities in Aberdeenshire which are detailed below and have been embedded within our locality planning process:



- Family carers feel supported and involved in services being delivered to their family member.
- Transitions, especially to adult services are person-centred, safe and effective.
- Disabled people can access meaningful and accessible activities which helps meet their potential.
- Partnership staff are supported to meet the outcomes of vulnerable groups.

Mental Health

What do we mean when we talk about mental health? It does not only relate to mental health problems or illness. Everyone has mental health and maintaining this is just as important as having good physical health. Mental health relates to:

- Our ability to have positive relationships with others
- How we feel emotionally about ourselves and the people around us
- Our ability to develop psychologically and make the most of our potential
- Our resilience – the ability to overcome the difficulties in life that we all face at time

It is normal to feel worried or upset at times when we encounter difficulties in life. If these feelings are persistent, to the extent that they are seriously interfering with how you manage everyday activities such as work, domestic tasks and relationships it is important to seek advice.

In Garioch, there are a wide range of options available to support you when you are struggling to maintain you mental health. A primary care mental health worker, is attached to our GP practices and can provide short-term early interventions for mild to moderate mental health problems. We also have a variety of third sector support.

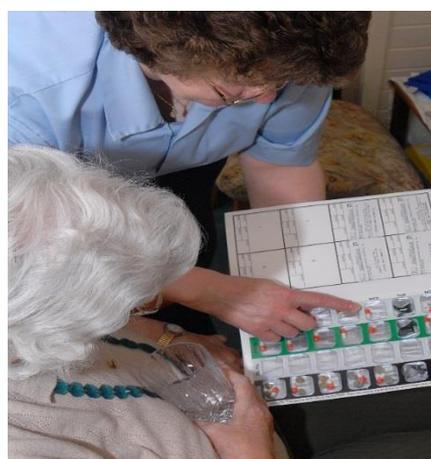
Our community mental health team is a multi-disciplinary team consisting of psychiatry, nursing, occupational therapy, psychology and social work. The team support people in the community who have significant or complex mental disorders. Severe mental health problems can involve a combination of changes in thinking, emotions or behaviours that can lead to significant distress and difficulties in managing everyday life. The majority of mental disorders are treatable and even individuals with a severe condition can learn to manage their symptoms well and live a fulfilling life.

Garioch has several groups that are run in partnership with the mental health ream, third sector and peer led support and there is a particular focus on developing groups that support physical fitness as exercise can be beneficial in improving your mental health.

Prescribing in Primary Care

In addition to GP practices, primary care covers dental practices, community Pharmacies and high street optometrists. Prescribing is the most common action the NHS undertakes for people across all sectors of health care – primary, hospital, public and community. It is the second highest area of spending in the NHS, after staffing costs.

About two-thirds of all prescribing costs in NHS Grampian are associated with primary care. It is important that we continue to work with and



support prescribers to analyse and review prescribing in line with cost effective guidelines and best practice. This includes supporting people in our communities to make informed decisions about their medication and promote self-care where appropriate.

The overall cost and volume of prescribing has continued to increase. Moving forward we plan to increase public awareness, explore how we can improve prescribing processes and expand the range of non-medical support so we can meet the needs of local people.

We also want to make sure that prescriptions, particularly repeat prescriptions are managed effectively by the public to help avoid unnecessary costs and inappropriate storage of medication and waste.

Community Justice

The Aberdeenshire Community Justice Outcomes Improvement Plan sets out the Community Justice priorities for 2017/18 and the actions that statutory and other partners will take collectively to prevent and reduce reoffending and to improve outcomes for community justice. The National Outcomes for Community Justice that must be adopted locally are:



Structural Outcomes:

- Communities improve their understanding and participation in Community Justice.
 - Partners plan and deliver services in a more strategic and collaborative way.
 - Effective interventions are delivered to prevent and reduce the risk of further offending.
 - People have better access to the Services they require, including welfare, health and wellbeing, housing and employability.
-

Person-Centric Outcomes

- Life chances are improved through needs, including health, financial, inclusion, housing and safety being addressed.
- People develop positive relationships and more opportunities to participate and contribute through education, employment and leisure activities.
- Individual's resilience and capacity for change and self-management are enhanced.

As part of the development of the Community Justice Outcomes Improvement Plan, we consulted with service users to find out about their experience of the justice system, what they thought worked well, what didn't and what should be a priority for improvement. These views have been incorporated into the plan. We are currently looking at ways in which we can evidence how delivery of the actions within the plan has led to improvements in the three person-centric national outcomes for Community Justice.

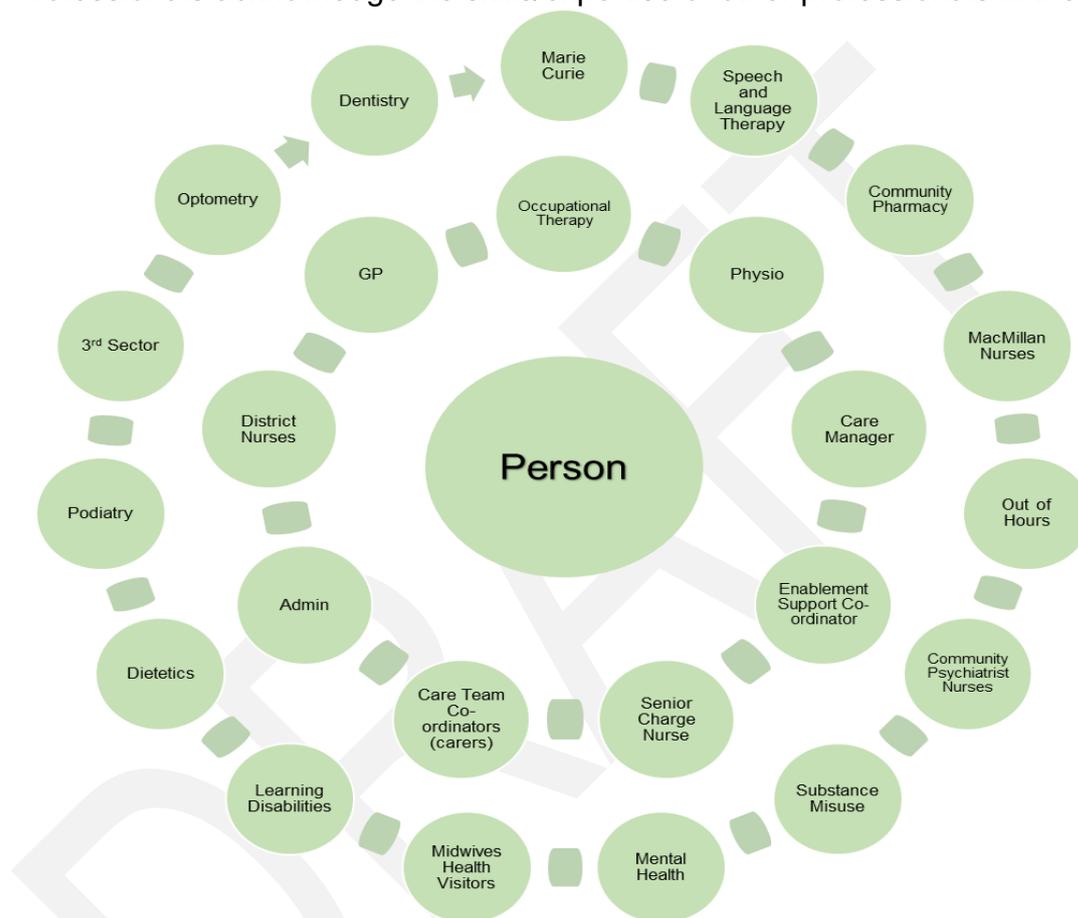
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3. PEOPLE AND FINANCES

3.1 Health and Social Care Teams

Health and Social Care Teams were developed in 20 locations across Aberdeenshire and the principles for each of the teams are:

- To be multi-disciplined.
- Meeting the needs of the “people” being at the core of everything they do.
- Professionals acknowledge the skills/expertise of other professionals in the team.



The locality planning group in Garioch will work with the local health and social care teams, organisations and communities to review the best use of available resources and how this can be managed to support the ongoing work to deliver the strategic priorities within the Garioch area.

Aberdeenshire Health & Social Care Partnership continue to hold discussions with key partners and stakeholders across health and social care developing our workforce plans across our integrated teams. Evidence shows that staff who are valued, treated well and supported to give their best will deliver better outcomes for people.

We commit to value our workforce and develop the changes that need to be made to ensure a high quality of service is provided, ensuring a healthy organisational culture from a capable workforce who are then able to deliver integrated services supported through effective leadership and management.

3.2 Finance

The revised budget for Aberdeenshire Health and Social Care Partnership is £277,402,000. The split of this budget can be seen in table below. While a good proportion of the budgets are split to a locality level, many of them are still running Aberdeenshire wide and it is expected these split out across the localities as progress is made into the coming years.

It is the responsibility of the Partnership Manager to review our budget and ensure it is fit to meet the pressures which are faced. The resources must be managed to the best effect to ensure positive outcomes across localities. With continuous rising demand and restricted resources efficient use of the budget must be made to meet challenging demand and current priorities. Current pressures are particularly high in areas of home care, care packages, prescribing and community hospitals.

Aberdeenshire Health and Social Care yearly budget:

Combined NHS & Council - Revised Budgets as at 31st October 2017				
	Pay	Non-Pay	Income	Total
Locality Based Services	£'000	£'000	£'000	£'000
Banff and Buchan	12,971	7,585	-1,630	18,926
Buchan	8,733	8,273	-1,170	15,836
Garioch	9,006	10,751	-1,878	17,879
Formartine	8,352	8,636	-1,939	15,048
Kincardine and Mearns	6,276	5,617	-1,100	10,794
Marr	10,328	5,272	-1,019	14,581
Area Based Services				
North	4,976	20,199	-1,532	23,642
Central	2,386	12,588	-291	14,683
South	9,580	7,577	-1,192	15,965
Aberdeenshire Wide Services				
Aberdeenshire Wide	12,141	8,161	-5,147	15,154
Business Strategy	1,220	1,796	-95	2,921
Community Mental Health	6,536	997	-122	7,411
Dental	1,952	490	-236	2,206
Management and Administration	1,934	666	-499	2,101
Nursing	748	55	-17	786
Out of Area	0	1,782	0	1,782
Prescribing	0	43,649	0	43,649
Primary Care	0	36,990	0	36,990
Primary Care Support	838	151	-10	980
Inward Recharges Hosted Services	0	12,559	0	12,559
Partnership Funds	0	3,508	0	3,508
	<u>97,978</u>	<u>197,303</u>	<u>-17,878</u>	<u>277,402</u>

4. WHAT ARE THE PEOPLE IN THE LOCALITY TELLING US?

4.1 The Main Messages from Local Engagement and Consultation

A wide variety of engagement and consultation activities have taken place across Garioch i.e community and staff integration events, community action surveys, Grampian Opportunities – voices for change project and community planning place standard events which has enabled us to gather meaningful and relevant information.

There is a need for more support for those looking after people with dementia at home.

Make NHS 24 easier by linking a database of information would mean less questions and less time on the telephone.

Encourage people to look after themselves more and take personal responsibility for their health. More education required about keeping well and more emphasis on preventative healthcare.

The residents of Garioch feel supported to make informed choices about their lives.

Better information on what is available in the area you live in

An engagement and collaboration exercise undertaken by Aberdeenshire Voluntary Action (AVA) with third sector organisations (TSOs) highlighted the following areas of focus:

- Improving communication and representation,
- Challenging perceptions and attitudes,
- Collaboration within Partnership structures,
- Building capacity and enhancing capability,
- Gathering evidence and demonstrating impact,
- Ability to influence.

By establishing and facilitating a Third Sector Health and Social Care Forum, third sector organisation's work is progressing to address these issues.

5. WHERE WE ARE NOW

5.1 What is Working Well?

As integration moves forward the joining together of our health and social care services are already demonstrating better use of resources, better joint working and a shared vision across Garioch to meet the identified challenges.

Noted below are some examples of good practice and compliments that the Garioch locality has received.

Your Voice Your Choice Garioch:

April 2017, local groups and organisations were asked to bid for a share of a funding pot of £35,000, from the Scottish Government and Aberdeenshire Council, through a process called participatory budgeting, to help us address local priorities by coming forward with projects that would “reduce social isolation” or “promote inclusion”.

Sixteen projects applied (with bids totalling £52,000). All passed the funding criteria and were accepted on to second stage where each had to design a poster to “tell their story”. There were no limitations of what type of media could be used and how creative they could get. Out came the felt tips, paint, card, photos even glitter!!! In return we received an array of wonderful, unique and individual posters. Garioch oozed talent!!

The posters were taken around Garioch by the Participatory Budgeting Team to different events in Kintore, Kemnay, Westhill, Inch and Inverurie, for members of the Garioch public to vote on which projects they felt should get a share of the funding. Also because there wasn't enough funding for all of them to receive, this insured it was a fairer way of deciding what the community wanted. In total 562 people voted. And 11 of the 16 projects have been successful in receiving the funding they asked for, in no particular order -

SensationALL, Kellands Primary School, Peer Support Group Inverurie, Go Dynamix, Bennachie Leisure Centre, Foos yer Doos, Inverurie Men's Shed, The Clachan, Garioch Links Cafe, Westhill Men's Shed (part funding)

The project that had the highest number of votes was Gordon Riding for the Disabled. An award ceremony was held on the 27th June at the Fly Cup for the Groups to be awarded their cheques. Applicants who were unsuccessful were supported by The Garioch Partnership, Aberdeenshire Voluntary Action and Aberdeenshire Health and Social Care Partnership to find other potential funding pots.

Good News from Pitscurry:

On 29th September a group of service users from the Pitscurry Project headed to Perth to receive their Caley Award certificates from George Anderson of the Beechgrove Garden. All of the service users are adults who have learning disabilities and have had to undertake 80 hours of gardening activities to successfully complete the course. These activities



have included planting up all the hanging baskets for Inverurie town centre – an achievement which contributed towards Inverurie winning a silver medal from Scotland in Bloom this year. On the return car journey from Perth the group tuned in to BBC Radio Scotland to hear Support Coordinator, Lisa Lawson, being interviewed by Carol Baxter about Pitscurry.

Pitscurry is a seven acre site beside Pitcapple Quarry where service users are supported to undertake activities which develop their skills and confidence. The project has recently been awarded two substantial grants from the Big Lottery and Tesco Bags of Help which will fund the development of a dedicated sensory facility and an on-site Squirrel Trail incorporating a hide. The Trail will be officially opened on Saturday 2nd December at a public event which will also include a Craft Fayre and sale of refreshments.

Aberdeenshire Wellbeing Festival 2017:

“Very informative session and useful learning tools for future use”

“Lovely people – easy to talk to – caring and informative”

The staff who are the greatest assets supported not only me but the whole family. They went the extra mile, willingly and cheerfully, with tact and compassion. Nothing was too much trouble.

CairScotland:

"I just wanted to say a BIG thank you for all the help and support I have received over the past 16 weeks. My life has totally changed and i am stronger now than I have been for years. I called your office and you answered, I explained my situation and asked to be seen when someone was available, by chance you were in the office and agreed to see me straight away. I was in Chelsea House Clinic within 10 minutes and met you for the first time, it was the best decision I have made in my life! I left with a detox plan and a feeling of self-worth.

I believed in myself and was privileged to be given the opportunity to attend a 4, week course called Seasons for Growth. This course is amazing, it was positive, encouraging, and raised awareness to thoughts, feelings and emotions while building your confidence, I gained so much from this course and still use what I learned from that in my daily life. I had a positive attitude and the confidence to attend groups, go to the Stigma conference in Glasgow and complete my Red Cross First Aid.

The ongoing support I have received has been fantastic and i feel and look so much better, I sometimes think people must look at me walking the dog or going shopping and wonder why I am smiling from ear to ear, it's because I feel happy with myself".

Gordon Riding for the Disabled:

Gordon RDA is a charity (SC028676) based at a purpose-built centre at Tweeddale, Inverurie. We provide equine therapy for riders of all ages with a range of physical and intellectual challenges. What we do works; we can measure the improvement in the confidence, strength, communication and enjoyment of our riders, and their families, carers and friends can see it too. Our vision is to develop our service by being able to encourage new, nervous riders to join us and by offering additional sensory and educational activities.



We have some great news for our riders. Some of our new riders feel a bit nervous about riding. To help them become confident about riding, to improve their skills and as part of our overall vision we have been successful in obtaining grant funding from the Aberdeenshire Health Improvement Fund for a rocking horse.

The rocking horse comes in kit form and is being made for us by a kind volunteer. It will be a central feature in our new service. This new part of our equine therapy programme will help our participants to develop additional skills in terms of confidence and balance, and through the riders being able to groom the mane and tail and undo the buckles on the tack, the rocking horse will also improve their manual dexterity and sensory abilities.

The Garioch Games:

The Garioch Games was established in 2017 to provide elderly people from Aberdeenshire over the age of 65 the opportunity to take part in Sport and Fun Activities for free. Over three days, 119 participants took part in the Games and the feedback was very positive with plans already in place to run a second Garioch Games in 2018. The Garioch Games involves six partner agencies including the Aberdeenshire Health and Social Care Partnership, Inverurie Loco Works Football Club, Garioch Sports Centre, Paths for All, Alzheimer Scotland and Dementia Friends. This ensured a variety of activities were on offer to participants including Dance Classes, Health Walks, Walking Football and many more. This not only provided participants the opportunity to take part in sport and physical activity for free but also to interact with more members of their community socially.

Men's Shed:

Westhill Men's Shed opened its doors in February 2013 in the former library building within the grounds of Westhill Academy and was the first Men's Shed in Scotland. Inverurie Men's Shed, based at Harlaw, opened in February 2015 and each of the Garioch Shed's has over 100 members. Men develop and run their own sheds and activities can range from wood and metal working and model railways to computer skills, horticulture and cooking. They can also help other community groups and schools with projects and they gain great value in sharing their skills and learning from others. An important aspect of any shed is to have a social area – it is recognised that the workshop environment will not appeal to all men and many just want to come along for a chat and a cup of tea.

The Men's Sheds are successful in connecting men with each other, their communities, giving them a purpose and making them feel valued members of society. They provide opportunities for men to talk about issues in a safe environment and allow access for professionals to speak to them about particular aspects of their health as a group.

Early Months Parenting Groups:

This is offered within the Inverurie Health Centre and supports new parents. We have a variety of topics including dental health, car seat safety and emotional development to support attachment and bonding, first aid for under 5s which includes a session on resuscitation & choking. The early years development workers participate in this group also.

Stay & Play Group:

This is a group run at the community centre. This is a targeted group for vulnerable families and is facilitated jointly by early years' workers Aberdeenshire Council and community nursery nurse from Health.

Dementia Friendly Aberdeenshire:**1. Shadowing the Primary Care Dementia Pathway**

Understanding the dementia diagnosis pathway is an important part of developing an effective local Dementia Friendly Community awareness raising campaign. By shadowing the diagnosis pathways, our Local Dementia Friendly Aberdeenshire (DFA) Development Officer has gained an invaluable insight into the patient and carer's engagement, their typical queries and questions as well as the barriers or concerns they have about continuing to live well in their community. This learning has been integrated into the delivery of awareness raising talks with groups, local business and public service teams in the local area. The learning has also been shared with colleagues working to build dementia friendly communities in other localities. This has opened the door to future partnerships, joint work and learning opportunities with practitioners/GP surgeries, including looking to deliver Dementia Friendly awareness sessions for the wider GP staff and their core community links.

2. Primary School Engagement

Our Local DFA Officer was invited to deliver classroom awareness sessions for a local primary school Primary 7 cohort. Teaching staff did some preparatory work with the classes in the morning, to get a baseline of their knowledge and insight into dementia. The DFA Officer then engaged with 54 pupils in the afternoon, which made Dementia the learning focussed theme for the day. Feedback was positive from both pupils and school staff alike; future joint working opportunities identified include taking the pupils into care settings for intergenerational engagement activities, classroom based design and research activities and awareness raising talks to wider groups, all linked to the curriculum for excellence framework. The engagement model has also been shared with colleagues working in other localities with a view to rolling our young people engagement more widely.

Inverurie Health and Care Hub:

A significant development in Garioch is the creation of the new Inverurie Health and Care Hub at the cost of £14.6 million. Additional services which will be available are a Community Maternity Unit and X-ray. Inverurie Medical Practice is currently the largest medical practice in Aberdeenshire and the third largest in Scotland.

Getting it Right for Every Child (GIRFEC) Groups:

There are three GIRFEC groups within Garioch - Inverurie, Kemnay & Westhill. Inverurie and Westhill groups are chaired by Social Work managers, Kemnay is chaired by Health. The groups are multi agency and commenced July 2016. A Group self-evaluation takes place in January 2018.

The Kemnay group has been working very closely with Kemnay Local Learning Partnership and has participated in two community events this year. The first event held at Kemnay Academy during the summer of 2017 included partners from Alcohol and Drug Partnership, Education, Health and the third sector. The second event held during a parents evening at Kemnay Primary again included partners from Health, Education, local library services and third sector.

This was a more successful event in terms of participation of the public perhaps due to the 'captive audience' of parents and children attending the parents evening. Other schools within the Kemnay network are keen to adopt this practice at future parent events. The Kemnay GIRFEC Group has been successful in forging good local links and increasing the understanding of members' roles & responsibilities.

Garioch Kitchen:

The Garioch Kitchen attended the Taste of Grampian, invited by Hamlyn's Oats who had contacted the kitchen via local Food Blogger 'Foodie Quine'. They were looking for someone to facilitate and demonstrate within the Children's Educational Tent. The Kitchen were delighted to be given this fantastic opportunity and straight away saw the potential to promote and maximise the kitchen's public relations in evaluating people knowledge and awareness of the Kitchen and what it offers.

Following on from the event the kitchen are delighted to say they have had a number of bookings for the summer cooking classes from people that had attended the Taste of Grampian. Also the organisers of Turriff Show which again attracts around 50,000 people have been in contact after they saw the team at the Taste of Grampian and would like them to deliver a similar idea.

Port Road Kitchen:

Health Improvement Fund (HIF) money was secured from the Garioch Community Kitchen to pilot a free holiday family breakfast/ lunch club project in the Port Elphinstone area over the Summer, with the aim being to help alleviate financial strain for families who rely on free school meals during term time.

The aims for this project were:

- Provide free local access to fruit and veg
- Help children maintain or start a healthy lifestyle with regular meals
- Alleviate financial strain for families dependant on free school meals
- Provide a meal to children and families who need one
- Reduce social isolation
- Provide an engagement opportunity to identify needs within the area
- An opportunity for families to learn about services in their area that can support
- How to shop on a budget
- New meal ideas and how to prepare/ cook them safely

Treatment Room (Reflexologist and Laughter Yoga Teacher):

The Aberdeenshire Wellness festival brought lots of people in to the Treatment Room who otherwise may not have known what type of work we do there. Many of the therapies we offer guide individuals to find ways in which they can help themselves. Laughter yoga can be enjoyed by anyone as it is all about laughing for its health benefits. A session at the festival was well attended and I received very positive feedback even though it was a new concept to almost all who took part.

Often at laughter yoga people just do not know what to expect and are often surprised and surprise themselves at how laughing as an exercise breaks down social barriers and connects people. It is scientifically proven to raise those endorphins so it's not at all surprising is it?

The Clachan project has been a resounding success and we are only a few weeks in - some of the attendees are in real danger of social isolation .The group has jelled so well and there is such a feeling of support and openness in the group it is amazing. Clearly everyone attending is loving it as only last night they were asking what will happen at the end of their block of sessions as they want to look at ways they can keep the connections they have made and continuing to meet to each other . It is very empowering to know that there are so many ways (self-help tools) that can be used and I feel this group have discovered this they are all taking on board ways to help themselves - it's a wonderful thing to witness and to be part of.

6. WHAT DO WE NEED TO DO?

6.1 Our Local Priorities

In accordance with the nine national health and wellbeing outcomes set by the Scottish Government, our Aberdeenshire Health and Social Care Partnership strategic priorities and the various community and staff consultation and engagement events, we have identified the following key priorities for 2018 to 2021:

- Residents of Garioch have the information they need to help them choose healthy and happy lifestyles.
- Working with our communities to provide opportunities and activities that will keep people fit and healthy and help them feel better about themselves.
- Helping all our children and young people to grow, develop and reach their full potential in loving, safe and healthy environments.
- Supporting people to live in their communities: providing care, treatment and support to individuals in their own homes to prevent admission to hospital or a care home.



PRIORITY	ACTION	IMPACT	TIMELINE	LEAD
Residents of Garioch have the information they need to help them choose healthy and happy lifestyles.	Develop an alcohol and drug website.	A resource developed with service users.	January 2018	Health and Social Care Teams / Locality Planning Group
	Further development of alcohol and drug drop-in service in Inverurie Will's chemist and Garioch community centre both held Friday afternoons.	Drop in facility for people that have problems with alcohol or drug use, their own or another's' use whether the need is for treatment, information or just a chat.	Ongoing	Health and Social Care Teams / Locality Planning Group
Working with our communities to provide opportunities and activities that will keep people fit and healthy and help them feel better about themselves.	Provide sporting and socialisation activities to encourage participation of hard to reach groups of people such as people	People will be more engaged in their community, they will learn new skills and improve their physical and mental health.	Ongoing and developing	Health and Social Care Teams / Locality Planning Group

PRIORITY	ACTION	IMPACT	TIMELINE	LEAD
	with autism, problematic substance use and/or the Syrian New Scots.			
	Development of an outdoor gym and sensory play area at Pitscurry.	An outside place where people with a learning disability and other members of the community such as school children can go to enjoy physical activity.	Ongoing and developing	Health and Social Care Teams / Locality Planning Group
	Working collaboratively with partners on 'wider community engagement' including the Garioch Games.	Increasing and promoting opportunities to improve the physical health of over 65's and support them to become more active. Encouraging positive health and wellbeing through fun physical and social activities.	Ongoing	Health and Social Care Teams / Locality Planning Group
Helping all our children and young people to grow, develop and reach their full potential in	Pilot project of a transitions social worker for the mental health service	Young people, their families and professionals will have a positive experience of the move from Children's Services to Adult Services.	Full evaluation of the project will be in November 2018.	Health and Social Care Teams / Locality

PRIORITY	ACTION	IMPACT	TIMELINE	LEAD
loving, safe and healthy environments.				Planning Group
	Self-evaluation of health visitor teams prior to Scottish Government inspection of children's services in Grampian.	To measure effectiveness of health visitor intervention to support the health and wellbeing of children and families. In preparation for the 3 year inspection of Children's Service.	2018	Health and Social Care Teams / Locality Planning Group
	Record Audit.	To improve record keeping and documentation. To demonstrate that the child's health and wellbeing needs are identified with a chronology and action plan which is current.	October 2017 / 2018	Health and Social Care Teams / Locality Planning Group
	GIRFEC group evaluation.	To measure the effectiveness of GIRFEC [multi agency] work to support the health and wellbeing needs of children and young people.	January 2018	Health and Social Care Teams / Locality Planning Group

PRIORITY	ACTION	IMPACT	TIMELINE	LEAD
Supporting people to live in their communities.	Development of Virtual Community Wards.	Early identification of problems to enable early intervention from health and social care team to support people to live independently and avoid hospital or care home admission.	Ongoing Quarterly monitoring and performance measuring	Health and Social Care Teams / Locality Planning Group
	Development of Aberdeenshire Responders for Care at Home.	Responding to urgent and unplanned care needs to support people to live independently and avoid hospital or care home admission.	Ongoing. Quarterly monitoring and performance measuring	Health and Social Care Teams / Locality Planning Group
	Proposal to adapt the facilities at Pitscurry learning disability day service.	That the environment will be changed to be more autism friendly and will offer opportunities for better supporting outcomes on an individual basis.	Proposal submitted to the asset management group	Health and Social Care Teams / Locality Planning Group

7. HOW WILL WE KNOW WE ARE GETTING THERE?

7.1 Measuring Performance

To review the progress of this locality plan, we will develop a performance framework which will ensure there are defined links between the nine national health and wellbeing outcomes, the Aberdeenshire strategic priorities and the local priorities as set out in this plan. Measurement will also reference service related targets which Partnership currently feedback to the Integration Joint Board.

The Integration Joint Board will be responsible for checking the performance information and the Garioch locality planning group will review the actions to ensure delivery of the locality plan. This information will allow the Integration Joint Board to see what effect the approach to integrating services is having for the people who use the services and support. A performance report will be developed each year as required by law.



Using the performance evidence we can measure the things that matter to the people using our services and ensure they are being achieved. This information will not only be used to evidence that we are achieving our targets, but also to identify what areas we need to improve. The plan will run for three years to align with the Partnership strategic plan, however the action plan will be reviewed on an ongoing basis and a full refresh of this will take place after 18 months.

Being clear about our progress and achievement is something that everyone needs to be aware of. The health and social teams should have the information they need, to know how they are doing, when to seek help and when to share best practice and successful approaches. Developing strong relationships and team-working based on a shared vision and values will support this and that is what this locality plan is all about.

8. OUR NEXT STEPS

Communication is a major part of our strategy for this locality plan and it is important to have a significant ongoing relationship between the locality planning group and those who live in Garioch.

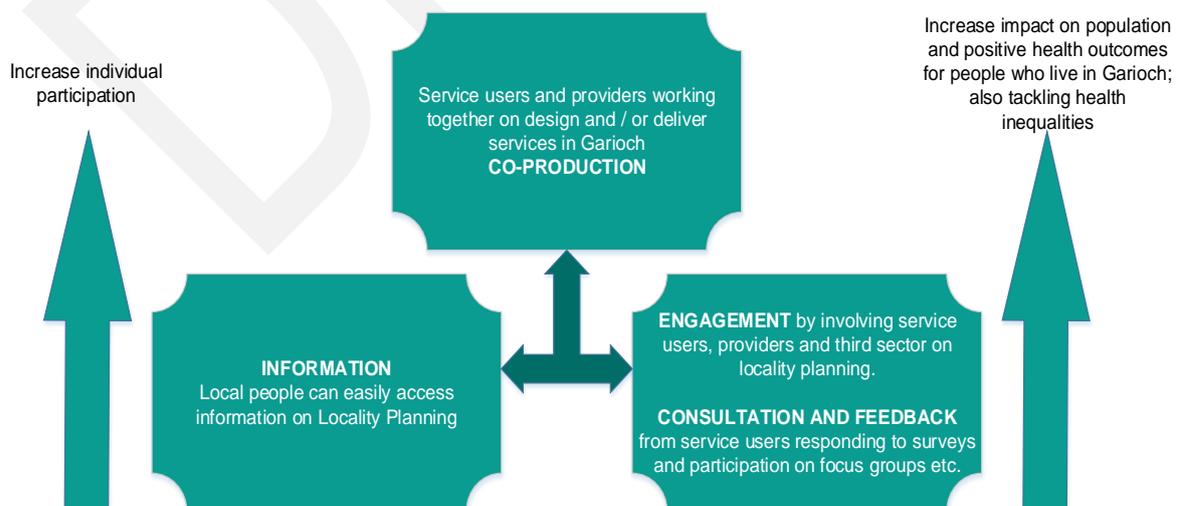
We will develop a range of engagement mechanisms and tools, ranging from local networks, social media and one-to-one opportunities for individual feedback.

The central locality planning group will ensure strong communication and engagement connections exist and develop together. Our communication aim is to develop consistent staff and public messaging across all the agencies involved. It intends to provide reassurance and information to all and encourage input that will help to shape service delivery.

We will work with all community stakeholders within health and social care integration. This includes any person, organisation, company or group that shares a common interest in improving health and wellbeing outcomes in a particular locality. This will include people such as:

- Users of health and/or social care services.
- Unpaid carers.
- Communities of interest such as people with protected characteristics.
- Health and social care staff
- Third sector, including community bodies and groups, service providers, social enterprises and volunteers.

We will strive to be as inclusive as possible across Garioch to ensure that individuals or groups whose voices are traditionally not as strongly heard are identified and involved.





Aberdeenshire
Health & Social Care
Partnership

If you require this document in another format, or if you require further information or would like to make comment on any aspect of this plan please contact:

Aberdeenshire Health and Social Care Partnership

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