

Public Document Pack

Eildon
Area Partnership

Our Scottish Borders
Your community

Meeting

Date: Thursday, 7 March 2019
Time: 6.00 pm to 8.30 pm
Location: Borders College, Scottish Borders Campus, Nether Road,
Galashiels. TD1 3HE

AGENDA

Doors open 6.00 pm for tea and coffee - meeting starts at 6.30 pm

1.	Welcome and Introductions
2.	Feedback from meeting on 24 January 2019 (Pages 3 - 18) Copy of Minute attached.
3.	Draft Eildon Locality Plan (Pages 19 - 30) A facilitated discussion on the Locality Plan for Eildon. (Copy of draft Plan attached.) Discussion to consider: <ul style="list-style-type: none">• Whether you agree with the priorities you have raised through Area Partnership meetings? Has anything been missed?• What would success look like?• How can we work in partnership together to achieve this?• How do I get involved? Further information on Local Data and Statistics
4.	Localities Bid Fund Update from the Locality Development Co-ordinator.
5.	Other Business
6.	Next meeting 23 May 2019 – venue to be confirmed.

Please direct any enquiries to Fiona Walling
Tel: 01835826504 Email: fwalling@scotborders.gov.uk

This page is intentionally left blank

Eildon Area Partnership



MINUTE of Meeting of the EILDON AREA PARTNERSHIP held in The Corn Exchange, Melrose on Thursday, 24 January 2019 at 6.00 pm

- Present:- Councillors S. Aitchison, A. Anderson, K. Drum, G. Edgar, E. Jardine and E. Thornton-Nicol
- Apologies:- Councillors T. Miers and D. Parker
- In Attendance:- 25 Partners, Community Councillors, officers and members of the public.

1. **WELCOME AND INTRODUCTIONS**

The Chairman, Councillor Edgar, welcomed everyone to the meeting of the Eildon Area Partnership and thanked Community Councillors, Partners and local organisations for their attendance. Councillor Edgar explained, that prior to a facilitated discussion on issues and local priorities around the theme 'Our Health, Care and Wellbeing', the meeting would begin with introductory talks and a short presentation by two young people from Galashiels Academy.

2. **THEME: OUR HEALTH, CARE AND WELLBEING**

- 2.1 Mr Robert McCulloch-Graham, Chief Officer Health and Social Care, explained that the Public Bodies (Joint Working) (Scotland) Act 2014 required Health Boards and Local Authorities to integrate Health and Social Care services. In the Scottish Borders this included all Social Care Services, Home Care, District Nurses, GPs, Community Hospitals, Mental Health Services, Dentists and Physiotherapists. The Integration Joint Board (IJB) was established to oversee these services and was made up of 5 Councillors, 5 Non-Executive Directors and other representatives. The Joint Board determined how the budget, currently £160m, was spent. The IJB focus was: to improve the health of the population to minimise help required from health professionals; to identify quickly when help was needed from health professionals and to make a quick diagnosis; and to provide support within the community for people to manage their own conditions, through home care etc and avoid hospital readmissions. Driven by work and engagement with local communities the local objectives set out in 5 Locality Plans dovetailed into the IJB's Strategic Plan. Local priorities were to increase the availability of locally based rehabilitation services; improve the availability of services including access in rural areas; look at housing needs; assess and support unpaid carers; shift the balance of care from hospital to communities for some conditions; and to reduce problems associated with disability and access to services. As part of the objective to direct service users and families to the right services at the right time Community Link Workers had been recruited.

- 2.2 Dr Keith Allan, Consultant in Public Health, referred to six new Public Health Priorities identified in a recent report by the Joint Director of Public Health. In particular regional and local work was being carried out around type 2 diabetes prevention by encouragement of healthy eating, the Scottish Borders having a higher rate of occurrence of diabetes than the national average. Ms Fiona Doig, from the Alcohol and Drug Partnership, summarised three areas of work being carried out. In terms of the supply of alcohol from local outlets the Local Licensing Forum produced an annual Alcohol Profile which pulled together statistics on the impact of alcohol consumption in the community. The Profile was used as a reference to assist the Scottish Borders Licensing Board in its decision making. Health Improvement work was also directed towards smoking information services including interaction with other behaviours and towards schools and other groups to encourage engagement in activity and healthy eating. Ms Fiona Jackson was in attendance as Project Manager for the 'Respect' project currently being introduced by NHS Borders for roll-out in this area. She explained that Respect was a guide that reflected the need to document conversations with family and health professionals for a person's clinical care in a future emergency, in which they were unable to make or express choices. It provided health and care professionals with a summary of recommendations to enable decisions to be made about that person's care and treatment. This would be complementary to a person's anticipatory care plan. Copies of the Respect form had been brought along to the meeting for information.
- 2.3 Galashiels Academy pupils, John Carr and Doddie Turner, gave a presentation they had prepared entitled 'Health and Wellbeing in Galashiels' and provided additional commentary on the slides shown and the views expressed by the range of people they had interviewed. John and Doddie firstly summarised the view of pupils about the main issues, which included reference to alcohol and drugs being a problem amongst youth in Galashiels; too much litter; and neglect of mental health. The Head of Health and Wellbeing in the school had explained that the Academy explored the physical and emotional wellbeing of youngsters but a wider range of activities was needed. Issues included transport and the opportunity to take part in the environment. A representative from Quarriers (a social care charity providing practical care and support for vulnerable children, adults and families) thought that the main issue was children not feeling safe within school whether this was caused by instability through family or friends or by gender/sexuality insecurity. Staff at Stable Life (providing equine assisted learning) believed that the main issues included isolation in rural areas and pupils not attending at school. The School Nurse said that openness was one thing that could be improved throughout the school. She believed that drugs and alcohol were more of a problem now because they were more readily available than they used to be. The Chairman thanked John and Doddie for their very interesting presentation and it was agreed that the slides be circulated with the feedback from the meeting.
- 2.4 Following the introductory presentations, officers joined Elected Members, partners and the public at their tables for a discussion on the main issues and priorities for the area in terms of 'Our Health and Wellbeing'. A pack of information had been provided at each table in addition to feedback sheets on which emerging points could be recorded. A summary of the output of the discussions is provided as an appendix to this Minute.
3. **FEEDBACK FROM MEETING ON 22 NOVEMBER 2018**
The Minute of the meeting of the Eildon Area Partnership held on 22 November 2018 had been circulated along with a summary of the discussion on the Council Budget 2019/20 attached as an appendix. The Locality Development Co-ordinator, Gillian Jardine, summarised the feedback which highlighted priority spending issues identified by those present at the meeting.
4. **LOCALITIES BID FUND**
Ms Jardine gave an update on the Localities Bid Fund (LBF). She gave a reminder that the second funding round of LBF was currently open, with applications being accepted until 5 pm on Thursday 28 February. Bids were invited to the £119k available in the

Eildon area; a maximum bid of £15k from constituted groups and £5k from those which were un-constituted. She confirmed that advice and help with applications was available on request from the Council's localities team.

5. **SMALL SCHEMES AND QUALITY OF LIFE PROJECTS**

Lists of schemes approved and funded from the Small Schemes and Quality of Life Budgets, within the three Eildon Wards in the current financial year, had been provided on the tables for information. In an update on the balances remaining within each budget, Ms Jardine advised that there was £2,374 left to be allocated in the Small Schemes budget for the Eildon area. Of the £20k annual budget for Quality of Life, divided between the three Wards, Galashiels had zero remaining, Selkirkshire had £1,758 and Melrose and Leaderdale £2,456 (although funding was not available to all Community Councils in this Ward due to the agreement to divide the budget between the Community Councils). Any queries or requests for funding from these budgets should be directed to the Council's Neighbourhood Area Manager, Mr Craig Blackie.

6. **NEXT MEETING**

The next meeting of the Eildon Area Partnership was scheduled for Thursday 7 March 2019. The Chairman explained that the focus of this meeting would be the preparation of a Locality Plan for the Eildon area. A draft plan, based on all the priority issues raised under the five themes at previous meetings, would be circulated prior to the meeting. The venue would be confirmed in due course.

The meeting concluded at 8.20 pm

This page is intentionally left blank

Eildon Area Partnership - 24th January 2019: Health Care and Well-Being		Priority Rating
Issues/ Challenges	Solution / Commentary	
<p>Waiting list for carers</p> <p>Access to alcohol & Drugs</p> <p>Socially acceptable/ Alcohol- bigger problem than drugs</p> <p>Alcohol and young people</p> <p>Rural, problems to reach health prevention classes</p>	<ul style="list-style-type: none"> • How long is waiting list? • Individuals paying for private carers • Adaptions to allow for those that can shower to do so <ul style="list-style-type: none"> • Push the licensing board to be more stronger with small groups • Enforcement of alcohol sales- "Test shoppers" <ul style="list-style-type: none"> • Change school education to move away from having a block of alcohol education to discussing alcohol use throughout the year. • Need to have alternative activities in the community • Need to create social spaces in the evening which don't sell alcohol <ul style="list-style-type: none"> • Students understand but what about parents= learn physical and emotional impact and how to recognise and deal with the issue • Extension of ambassadors (ex pupils) appearing in schools = positives and negatives- (real life stories ruined lives) and the emotional impact. <ul style="list-style-type: none"> • Revamp of rural transport • Schools to be used, for health education • Evening classes 	
<p>Lack of carers as a whole</p> <p>Awareness of risks from smoking & services to keep</p> <p>People drinking to get drunk People drinking more than what they realise High level of sugar in alcohol</p> <p>Rural opportunities for all ages</p>	<ul style="list-style-type: none"> • Is criteria in assessment fit for purpose? <ul style="list-style-type: none"> • Make services more visible to the public eye • Make young people more aware of the danger of smoking- Public health and schools <ul style="list-style-type: none"> • Community interventions in the pub during the day to provide people with an alternative • Trial giving non-alcoholic drinks to people to see if they realise it is non alcoholic <ul style="list-style-type: none"> • When a new school is created (Eg. Earlston Primary) it is created to allow full access for young people/ community to perhaps support those who cant afford/ access eg. Culture and bring it to the community. 	

<p>Gentle exercise , Classes stopped due to low numbers</p> <p>Physical activity</p> <p>Marketing encourages drinking amongst young people Extreme messages</p> <p>Housing for the elderly.</p>	<ul style="list-style-type: none"> • Volunteers could be trained to deliver class work with VCB to recruit volunteers. Groups could cover the cost of bringing in Live Borders (Micro grants and windfarms) • Make information on physical activity more accessible • Strengthen links between school conversations and home life • Test Purchasing • Provision needed to be included in the strategy for housing • All new builds- social housing to be accessible 	
<p>Good Practice</p> <p>Openness to talk about problems (young people)</p> <p>Alcohol can make peoples mental health illnesses worse</p> <p>GP Services</p> <p>People With dementia</p>	<ul style="list-style-type: none"> • Local patient transport system- CC cover cost of Petrol. CC area and will cover neighbouring areas. CC Cover insurance cost. • Increase mental health counselling in schools • Increase awareness of mental health workshops – development resilience • Need to be identified and supported • Dementia cafes, introduce dementia friendly walks 	
<p>Patient Transport</p> <p>Loneliness and isolation</p> <p>Bullying amongst young people , especially through social media</p> <p>Social media creates pressure to keep up with other people’s lifestyles</p> <p>Transport Issues</p> <p>Caring for people at home and improving the employee carers</p>	<ul style="list-style-type: none"> • Promote opportunities to meet eg. Bingo workshops for older people • Used council buildings/ schools/ mens shed/ time bank • Obvious! • Not enough time • Social interaction -wellbeing initiatives where residents commit to support our residents. 	
<p>Stow medical centre Long waiting times for appointments</p> <p>Holiday Hunger</p> <p>Opportunities for all ages</p>	<ul style="list-style-type: none"> • Focus centre provide breakfast during holidays • Varied opportunities across the high schools to impact on pupils/ parents/shops • The extension of music as core, very positive impact a health of wellbeing- Keeps you of drink 	

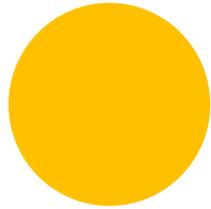
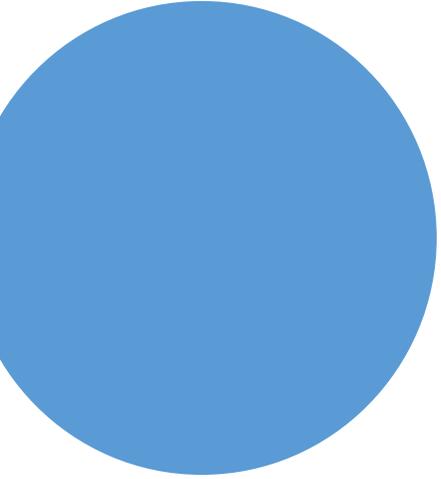
<p>If people need to be in hospital then they should rather than health centres being first port of call.</p> <p>Access to rural facilities</p>	<ul style="list-style-type: none">• Leisure facilities• Unisex changing may seem like a good idea but uncomfortable for many• Encourage young ladies especially some facilities should be single sex	
---	--	--

Services more expensive for people with disabilities

Respect form-

Very confusing- draft of living will as an example

This page is intentionally left blank



Page 91

Health and Wellbeing in Galashiels

Presented By
John Carr &
Doddie Turner



The View Of The Pupils

- Alcohol is a problem with youth in Galashiels.
- Too much litter.
- Free Gym passes for school pupils.
- Mental health is neglected.
- Sport is really prominent.
- Facilities need upgrading.
- New Kit for sports teams.
- Drugs and alcohol are a problem.
- Upgrades are needed.

A Word from our Head of Health and Wellbeing

“Issues for H&W include transport and the opportunity to take part in the environment.”

Page 13 “Galashiels academy explores the physical and emotional wellbeing of youngsters within the school, but we need a wider range of Activities.”

“ The sports facilities are moderately good. Great fields (when dry) but aging indoor facilities within the school.”



We also spoke
to Lesley from
Quarriers

Lesley thought that the main issue was children not feeling safe within the school whether this is caused by instability through family or friends or by gender/sexuality insecurity.

She also thought it could be improved by mental health ambassadors and more detail on mental health in PSE classes

Another point was that self harm was making people more self conscious about people seeing them.

The opinion of staff at Stable Life

They said issues include isolation in rural areas and pupils not attending school.

They thought that it was good that they brought in people from outside the school.

The view of the School Nurse

Page 16



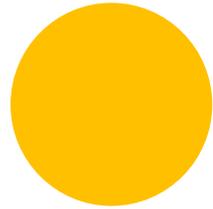
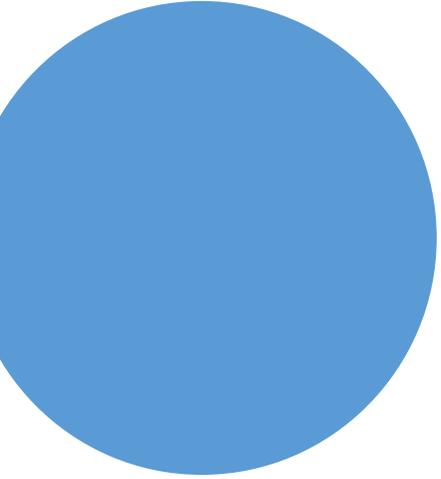
THE ISSUE FOR HEALTH AND WELLBEING INCLUDE EMOTIONAL HEALTH AND RISK TAKING BEHAVIOUR.



SHE SAID THAT OPENNESS IS ONE THING THAT CAN BE IMPROVED THROUGHOUT THE ENTIRE SCHOOL.



SHE TOLD US DRUGS AND ALCOHOL WERE MORE OF A PROBLEM NOW BECAUSE THEY ARE MORE READILY AVAILABLE THAN THEY USED TO BE.



Thank you for
listening

This page is intentionally left blank

Scottish Borders

Eildon Locality Plan

March 2019 *Draft*

Contents

Introduction	3
Eildon Locality Area Profile 2018/2019	4
Engaging with our communities	5
Locality wide themes:	
• Economy Skills & Learning	7
• Health, Care & Wellbeing	8
• Safer Communities	9
• Environment & Place	10
How we will measure success	11
Local Plans for Eildon:	
• Local Community Action Plans	11
• Learning Community Partnership Plans	11
Strategic Action Plans	11

Introduction

Welcome to the Eildon Locality Plan. This plan builds on the Scottish Borders Community Plan and sets out:

- The priorities for improving the area over the next five years
- The actions that will be carried out
- The commitment to work in partnership and use our shared resourcesⁱ in the most effective way to reduce inequality

ⁱ **Resources** – this could be: funding (e.g. budget or grants), people (e.g. staff of volunteers) or assets (e.g. land, buildings or equipment)

This plan will help those who are in greatest need, and focuses on what action can be taken to improve the quality of life for those who live in Eildon.

In bringing together this plan we have asked, and will continue to ask, local people across Eildon what would make the area better.

This plan is structured around four themes:

- Economy, Skills & Learning
- Health, Care & Wellbeing
- Safer Communities
- Environment & Place

ⁱ **Area Partnership** – bringing together organisations, groups, individuals and businesses from across the locality to collectively work together

Community planning partners – those organisations who are taking forward the Scottish Borders Community Plan

Local service providers – those organisations who are providing services locally (e.g. GPs, Community Nurses, Business Advisors, etc.)

From the Area Partnershipⁱ meetings to date we have gathered all the comments and feedback which you gave and prioritised what you told us is important to you and what will make a difference to the lives of people in the Eildon area.

Communities, community planning partnersⁱ and local service providersⁱ will need to work together in partnership to plan and deliver better services that meet the needs of the people who use them.

At a Borders-wide level this is done through the Scottish Borders Community Plan and the Community Planning Partnership. The key actions are detailed at the end of this plan.

At a Locality level this is done through the Eildon Locality Plan and the Eildon Area Partnership.

At a local level, services and communities continue to respond to their local community needs. Local plans, including local community action plans, are referenced at the end of this plan.

Eildon Locality Area Profile 2018 / 2019

>two pages to be inserted<

Engaging with our communities

In developing this plan, we have spoken with a number of people at the Eildon Area Partnership meetings over the past year. Going forward, our aim is to reach out to a wider range of people within the community as we recognise the importance of engaging with everyone in our community.

We will continue to build on this draft plan, and gain further understanding of the needs and ambitions of our communities.

A vital part of this will be ongoing engagement and communication with the people of Eildon, and to create further opportunities for people to talk to us in person, to take part in surveys or online. We want as many people as possible to be involved.

We have gathered the feedback that you gave us to help shape this plan, and it is really important that you continue to give us your views and thoughts as this plan will have an impact on the community that you live in.

We want the people in Eildon to get involved and help us deliver the actions in this plan, and we welcome your views on how we do this.

What contribution could you make to your community to make it a better place?

For information on how to get involved, join a local community group or community council, take part in local volunteering opportunities, please contact XXXXXX.

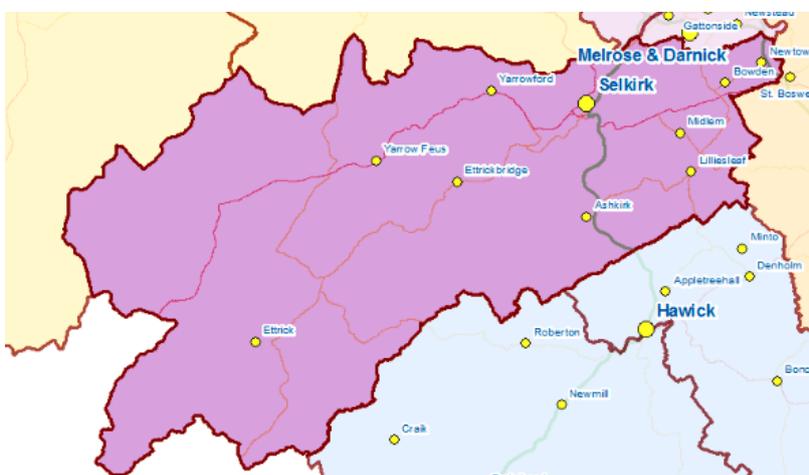
Eildon Wards



Galashiels & District
 Population - 14,957
 Galashiels - 12,603
 Stow - 711



Leaderdale & Melrose
 Population - 10,746
 Melrose - 2,464
 Tweedbank - 2,022
 Lauder - 1,790
 Earlston - 1,728



Selkirkshire
 Population - 9,627
 Selkirk - 5,560
 Newtown St Boswells - 1,331

Economy, Skills & Learning

Through the Area Partnership you told us your key priorities for Eildon are:

- Improve digital connectivity and the use of technology
- Improve the accessibility and reliability of transport services

Other priorities that are important to the Eildon community:

- Enhance career advice and career opportunities by promoting modern apprenticeships and vocational training
- Increase learning opportunities and skills development across a wide range of subjects and vocations
- Invest in local, sustainable employment opportunities
- Develop a business / community hub model for tech start ups, small businesses etc
- Encourage intergenerational activity and creation of learning hubs in schools, Borders College and community spaces
- Promote Eildon as a visitor destination, highlighting the heritage and unique selling points of the area

What would success look like, how can we work in partnership to achieve this and how do I get involved?

Health, Care & Wellbeing

Through the Area Partnership you told us your key priority for Eildon is:

- Increase the range and accessibility of community activities to encourage a reduction in drug and alcohol use in the Eildon locality

Other priorities that are important to the Eildon community:

- Increase the range of care and support options across the locality to enable people to remain in their own homes and communities
- Increase the availability of locally based rehabilitation services
- Improve the availability and accessibility of services for people living in rural areas
- Increase the range of housing options available across the locality and plan for future housing needs
- Reduce the number of people admitted to hospital with drug and alcohol related problems
- Reduce the number of people attending the Borders General Hospital on multiple occasions
- Support people to make informed health and lifestyle choices

What would success look like, how can we work in partnership to achieve this and how do I get involved?

Quality of Life

Through the Area Partnership you told us your key priority for Eildon is:

- Create safe areas for young people within local communities and provide leisure facilities that are accessible and affordable

Other priorities that are important to the Eildon community:

- Revise transport provision to improve connectivity and reduce rural isolation
- Strengthen partnership working between local services
- Improve communication of social and leisure opportunities to local residents
- Carry out more community mapping and consultations to identify what people want in their area

What would success look like, how can we work in partnership to achieve this and how do I get involved?

Environment & Place

Through the Area Partnership you told us your key priority for Eildon is:

- Create appropriately placed, affordable housing in the countryside and develop attractions within the countryside to encourage visitors to the area

Other priorities that are important to the Eildon community:

- Housing stock should reflect need in the local community, be affordable and be accessible for local services
- Reduce fuel poverty and mitigate for climate change when planning future builds

What would success look like, how can we work in partnership to achieve this and how do I get involved?

How we will measure success

The Eildon Area Partnership will feedback every year on the progress made in delivering the priorities within this plan. By monitoring the progress we make, we can measure the difference made to local people and communities. Progress and achievements will be shared with the Community Planning Partnership and other public bodies as well as being shared and celebrated with the wider community.

We will continue to ask the community their views and encourage more people to participate in the Area Partnership. As the needs of the locality change, we will ensure the priorities and actions within the plan reflect these changes.

Local Plans for Eildon

Local Community Action Plans

- Earlston Community Action Plan
- Ettrick and Yarrow Community Development Plan

Learning Community Partnership Plans

- Earlston Learning Community Partnership Plan
- Galashiels Learning Community Partnership Plan
- Selkirk Learning Community Partnership Plan

Strategic Action Plans

The key strategic action plans that have an impact on Eildon are:

- >list to be drafted<

This page is intentionally left blank