

# Public Document Pack



## COMMUNITY PLANNING STRATEGIC BOARD THURSDAY, 16TH NOVEMBER, 2023

A MEETING of the COMMUNITY PLANNING STRATEGIC BOARD will be held VIA MICROSOFT TEAMS on THURSDAY, 16TH NOVEMBER, 2023 at 2.00 PM.

**All attendees, including members of the public, should note that the public business in this meeting will be livestreamed and video recorded and that recording will be available thereafter for public view for 180 days.**

N. MCKINLAY  
Director Corporate Governance

6 November 2023

<b>BUSINESS</b>		
1.	<b>Welcome &amp; Apologies</b>	
2.	<b>Order of Business.</b>	
3.	<b>Declarations of Interest.</b>	
4.	<b>Minute &amp; Action Tracker</b> (Pages 5 - 16)  (a) Consider Minute of 7 September 2023. (Copy attached.) (b) Consider Action Tracker. (Copy attached.)	2 mins
	<b>THEME 2: ACCESS TO WORK, TRAINING &amp; LEARNING</b>	
5.	<b>Regional Skills Assessments</b>  Presentation from G. Robson.	25 mins
6.	<b>Local Employability Partnership Update</b>  Presentation from A. Scott and S. Smith.	20 mins
7.	<b>Annual Participation Measure</b>  Presentation from S. Mitchell.	15 mins
8.	<b>Theme 2 - Access to work, learning &amp; training progress report</b>  Copy attached.	
9.	<b>Community Learning &amp; Development Partnership Plan 2021-24: Update</b>  Presentation from C. Robertson.	15 mins

	<b>OTHER ITEMS</b>	
10.	<b>CPP Improvement Plan: Future Governance Update</b>  An update from Director Resilient Communities.	5 mins
11.	<b>Work Plan Progress Reports (for noting)</b> (Pages 17 - 30)  (a) Theme 1 – Enough money to live on (b) Theme 3 – Enjoying good health and wellbeing (c) Theme 4 – A good place to grow up, live in and enjoy a full life, incl. Briefing on the Independent Strategic Review of Funding and Commissioning of Violence Against Women and Girls Services  (Copies attached.)	
12.	<b>Whole Systems Approach update</b> (Pages 31 - 44)  Update from F. Doig and P. Oliver.	15 mins
13.	<b>Theme for Next Meeting</b>  The theme for the next meeting was to be Theme 4 – A good place to grow up, live in and enjoy a full life	
14.	<b>Forward Planner for Future Meetings</b> (Pages 45 - 46)  Copy attached.	
15.	<b>Any Other Business</b>	
16.	<b>Future Meeting Dates</b>  7 March 2024, 2pm 6 June 2024, 2pm	

## NOTES

1. **Timings given above are only indicative and not intended to inhibit Members' discussions.**
2. **Members are reminded that, if they have a pecuniary or non-pecuniary interest in any item of business coming before the meeting, that interest should be declared prior to commencement of discussion on that item. Such declaration will be recorded in the Minute of the meeting.**

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**Membership of Board:**

Caroline Cochrane, SBC Councillor\* (Chair)

Alan Carson, Police Scotland

John Greenwell, SBC Councillor\*

Scott Hamilton, SBC Councillor\*

Euan Jardine, SBC Councillor\*

Elaine Thornton-Nicol\*, SBC Councillor

Cathie Fancy, RSLs

Jan Dowlen-Gilliland, Borders Community Action

Karen Hamilton, NHS Borders

Russel Griggs, South of Scotland Enterprise

Ray McCowan, Borders College

Colin McGrath, Scottish Borders Community Council Network

Hilary Sangster, Scottish Fire and Rescue Service

\* Any 3 from 5 Councillors

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**Copies also sent for information to:-**

Ms Anna Griffin – SEPA

Mr Crispin Hill – Nature Scotland

Ms Alison Irvine – Scottish Government

Mr David Gordon – Waverley Housing

Ms Shona Mitchell – Skills Development Scotland

Mr Bill White – Live Borders

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Please direct any enquiries to Lynne Cuerden Tel: 01835 826527

Email: [lynne.cuerden@scotborders.gov.uk](mailto:lynne.cuerden@scotborders.gov.uk)

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## SCOTTISH BORDERS COMMUNITY PLANNING STRATEGIC BOARD

<b>Date:</b>	7 September 2023, 2.00 pm.
<b>Location:</b>	Via Microsoft Teams
<b>Attendees:</b>	Cllr C. Cochrane (Chair), Councillors J. Greenwell, S. Hamilton, E. Jardine and E. Thornton-Nicol, Ms K. Hamilton (NHS Borders), Mr K. Langley (Scottish Fire & Rescue), A. Carson (Police Scotland), R. Noble (Police Scotland)
<b>Apologies:</b>	Prof. R. Griggs (SOSE), C. Fancy (Eildon HA), Director Education and Lifelong Learning, R. McCowan, P. Smith (Borders College) and C. McGrath (SBCCN),
<b>Also in attendance:</b>	Chief Executive, Director Resilient Communities, Participation Officer, J. Robertson, Clerk to the Council, Democratic Services Officer (L. Cuerden), (all SBC), J. Amaral (BCA), R. Devine (NHS Borders), K. Jackson (SOSE).

### MINUTE AND ACTION POINTS

1. **WELCOME & APOLOGIES FOR ABSENCE**

The Chair welcomed everyone to the meeting. Apologies had been received and noted accordingly.

2. **MINUTE AND ACTION TRACKER**

2.1 Copies of the Minute of the Meeting held on 8 June 2023 had been circulated.

**DECISION**

**AGREED to approve the Minute for signature by the Chair.**

2.2 Copies of an updated Action Tracker had also been circulated. Clare Malster, Participation Officer provided an update to the Action Tracker and completed actions were to be removed.

**DECISION**

**NOTED the update.**

3. **CPP IMPROVEMENT PLAN**

3.1 There had been circulated copies of a report on the CPP Improvement Plan presented by Director Resilient Communities. The report set out the work undertaken through the CPP Improvement Plan to present a new Community Plan (Local Outcome Improvement Plan - LOIP) and Performance Management Framework and updated progress in the review of the Community Planning Partnership's governance arrangements. Members were reminded of the three key areas: 1. Prioritise – to refresh the LOIP to account for significant changes in the operating landscape post-pandemic; 2. Governance – to review

the current Community Planning Partnership structures and processes; and 3. Performance – ensure the Partnership’s long-term outcomes were supported by a performance framework to measure short- and medium-term progress. In relation to development of the new Community Plan, potential priorities were identified from plans/strategies currently in place across the CPP that had been developed following public consultation. Commonalities were mapped and data had been gathered from a refreshed SBC Strategic Assessment and the Health and Social Care Joint Strategic Needs Assessment. Areas for improvement had been identified across a wide range of outcomes. Following public consultation and discussion with other stakeholders and by the Joint Programme Board, the number of outcomes had reduced from 16 to 11 and theme names were changed to better reflect their focus.

3.2 Appendix 1 of the pack detailed the Community Plan which now contained eleven outcomes under four themes: Poverty; Learning, skills & economy; Good health & wellbeing; and Place, community & connectivity. With reference to paragraph 8.2 of the Minute of 9 March 2023, it had been agreed that the Health & Social Care Strategic Framework was to steer the work of the ‘Good health and wellbeing’ theme, though due to the cross-cutting nature of health and wellbeing, the objectives appeared across more than one theme. The new Community Plan also included the cross-cutting issue of ‘A resilient and net zero Scottish Borders by 2045’ which was to highlight the importance of addressing the climate change agenda across all themes. Incorporated into the Community Plan also were four values: People focused; Inclusive; Innovative; and Sustainable – underpinned by a commitment to both community engagement & empowerment and prevention & early intervention. The Community Plan did not detail targets and measures; these were to be included in the delivery plan along with the actions. The Plan was to be reviewed twice during its statutory 10-year period to ensure relevance. In relation to the Future Governance arrangements, further work was to be carried out before the next meeting of the CPSB when an update was to be provided.

3.3 There followed a brief discussion during which members gave feedback on the four themes of the Community Plan. Generally, there was praise for the one page format which detailed the four themes and fundamental values. Concern was expressed about the lack of reference to older people specifically, despite it being included in progress reports to date. It was reported that the evidence base already available was to be used to effectively inform the delivery plan for each theme and ensure appropriately targeted support and action for each demographic going forward. With regards to ‘Good health and wellbeing’ it was noted that there was no mention of prevention of ill-health which had been included as an outcome in Theme 3 previously. In response, Ms Craig reported that during later discussions the issue of prevention was considered applicable to all four themes but its reintroduction could be discussed if requested. In response to a question about success criteria and performance assessment, it was confirmed that a significant amount of work was to be done on this once the themes had been approved. Though the focus on health inequality and domestic abuse was welcomed, it was acknowledged that this might add to existing workforce challenges and improved health outcomes would not necessarily follow. In response to a question about work being done to address the demographic balance of the Borders, it was confirmed that further discussion with SOSE was expected in order to investigate links with the REP Green, Fair and Flourishing outcomes. In relation to the cross-cutting theme of Net Zero it was suggested that sustainability be considered not only environmentally but also financially, with its definition to include reference to resource challenges.

#### 3.4 **PERFORMANCE MANAGEMENT FRAMEWORK**

There had been circulated copies of a report by Clare Malster, the purpose of which was to inform members of the framework for Performance Management for the Scottish Borders Community Planning Partnership (CPP). The document outlined the responsibilities and accountability for performance management by partner organisations and the integration of these arrangements through the Local Outcomes Improvement Plan (LOIP), known as the Community Plan. The framework was to ensure a continuous cycle

of improvement. Figure 1 illustrated 'The Improvement Cycle' based around the 'Plan, Do, Review, Revise' model of continuous improvement. The Performance Reporting Cycle table outlined how the Community Plan and associated plans were to follow the Improvement Cycle for its reporting. The report detailed the reporting governance arrangements provided by the Strategic Board. The CPP was to report quarterly on its Key Performance Indicators to the Strategic Board on progress towards the achievement of Community Plan outcomes and communicate this via the website. Informal progress updates were to be delivered via Networks, social media and the website. Qualitative measures would also be included. In addition, an annual report was to be produced for the community and the Scottish Government. The 2023/33 Community Plan was to be reviewed at least twice in its 10-year period along with the regular review of partner plans and strategies, alongside an annual self-assessment exercise.

## **DECISION**

**AGREED to the recommendations contained in the report as follows:**

- (a) approved the Community Plan 2023/2033;**
- (b) approved the revised Community Planning Partnership vision;**
- (c) noted the progress on developing a new governance structure; and**
- (d) approved the Performance Monitoring Framework.**

## **4. 2018 COMMUNITY PLAN PROGRESS REPORT**

4.1 There had been circulated copies of a report by Clare Malster the purpose of which was to present the 2018 Community Plan Progress Report for approval by the Strategic Board prior to its submission to the Scottish Government. Appendix 1 contained the Progress Report. There had been a conscious decision to change from the previous format which was data heavy, in favour of a shorter version that had clearly set out how actions undertaken had contributed to the identified outcomes/aims. Rather than include all 15 outcomes the report represented progress on a selection of outcomes under each of the four themes. Supporting information has been included for one outcome under each theme to illustrate some of the work that has been taking place. Going forward, there was the aim to build on the amount of qualitative data in subsequent reports. A number of positive changes were highlighted since the Plan was agreed five years ago: 4% increase in pupils who gained 5+ awards at Level 5; 7% reduction in the geographical areas with no 4G signal; 6% reduction in the number of overweight adults; 15% reduction in the number of multiple emergency hospital admissions; 20% decrease in the number of people seriously injured on our roads compared to a national 9.9% increase; 125 new affordable homes completed in 2022/23; and a 5% decrease in fuel poverty. It was to be noted that going forward the Partnership was to ensure that measures reported on included those solely affected by the actions undertaken by the Partnerships itself.

4.2 There followed a brief discussion during which there was a request for greater clarity of the metrics used to calculate the average weekly wages of £571 and how it is calculated, to better reflect the lived experience of a significant proportion of the Borders population. It was also commented upon that there were more overweight people per head of population in the Borders than the National average and a question as to what was being done to address this and what percentage of schools had taken onboard the 'Daily Mile' initiative.

## **DECISION**

**AGREED to approve the Community Plan 2018 Progress Report prior to publication and submission to the Scottish Government.**

## **5. THEME 1 – ENOUGH MONEY TO LIVE ON PROGRESS REPORT**

There had been circulated copies of a report on Theme 1: Enough money to live on, the purpose of which was to inform members of the progress of actions to date. With regards to action 1, the short life multi-agency Partnership Group continued to meet and the Appendix provided an update in relation to the £1.2m financial support package that was released from Council reserves to provide support to communities during 2022/23. A

breakdown of monetary allocations was provided and evaluations of the impacts of these supports was underway. A balance of £84,488 was to be carried forward to 2023/24 to be disbursed appropriately by the multi-agency Strategic Group and the Anti-Poverty Members Reference Group. However it was recently agreed that any earmarked balances were now to be used to alleviate the Council's budgetary pressures. In relation to action 2, it was confirmed that the Local Employment Partnership (LEP) had made good progress in the last few months and continued to support individuals into paid employment. Modern apprentices working for SBC now received the National Living Wage and SBC contractors encouraged to do the same, with weighting to this given as part of a tender evaluation. Funding was in place to support a summer activities programme with free access to low-income households.

#### **DECISION**

**NOTED the report.**

#### **6. ANTI-POVERTY STRATEGY PROGRESS REPORT**

There had been circulated copies of a report by Janice Robertson, the purpose of which was to present progress made in the delivery of the Anti-Poverty Strategy Action Plan which had been adopted by Council on 23 September 2021. The progress report, now available on the Council's website, also gave an update on the work of the Anti-Poverty Members Reference Group, the Financial Inclusion Group, the Cost of Living Group and the quarterly Food Conversations, all of whom were to continue to meet regularly to respond to current and emerging issues. Appendix 1 detailed the actions and progress made against the eleven outcomes of the Anti-Poverty Action Plan. Some key highlights were: monetary gains for benefits in 2021/22 which amounted to £3.39m and in 2022/23 was £3.945m; the distribution of 15,000 iPads across the Education estate since 2019; over 1400 young people who directly benefitted from the Warm and Well: Youth Work Collaborative; and officers who supported the delivery of Place Making in 56 of the 69 community council areas so far. Gratitude was expressed for the work that had been undertaken by all groups involved in the work to date and for the fulsome report provided.

#### **DECISION**

**NOTED:**

- (a) the Anti-Poverty Strategy 2021 Progress Report.**
- (b) the work of the Anti-Poverty Members Reference Group, the Financial Inclusion Practitioners Group and the Food Conversations Group.**
- (c) that the Anti-Poverty Strategy and Action Plan (created in 2021) is to be refreshed.**

#### **7. A CREDIT UNION FOR THE BORDERS**

- 7.1 Jim Boyd and John McClay of Caledonian Credit Union (previously West Lothian Credit Union/WLCU) gave an informative presentation on the background to credit unions, specifically the work of West Lothian Credit Union with a view to its expansion into the Borders region under the rebranded Caledonian Credit Union (CCU). Credit Unions were worldwide predominantly in the USA and Australia. Ireland had the biggest concentration in Western Europe and Scotland had a relatively small number (only 7% of the population). Caledonian Credit Union (CCU) was a community credit union. It had over £3m in assets, with a potential £2m available for lending and a loan book of £1.4m. The Scottish Borders was currently served by Capital Credit Union, an industrial union concerned mainly with recruiting commercial/employee members. The operating model of the CCU, a community union with approximately 3,000 adult members, had fundamentally altered in response to the Covid-19 pandemic and had moved from their in-person Livingston premises to a solely digital/telephone-based service. In August 2021, WLCU/CCU had extended beyond the West Lothian Council area to cover most of east central Scotland, and now covered the KY, FK, G, ML, TD and some EH postcodes. This allowed both Borders residents and those working in the Borders to become members, apply for loans and open savings accounts. CCU was a preventive financial co-operative that offered savings plans with the caveat that members were to be savers before a loan



would be agreed. It was not an emergency loan company but did signpost individuals as appropriate. CCU had neither raised loan interest rates nor tightened lending criteria as other institutions had. Members were given more time to repay, interest had been suspended and reduced repayments were arranged to support borrowers through financial challenges. A Working Group had been formed of CCU, Citizen's Advice Bureau Peebles, Peebles Foodbank and Councillor Tatler to take plans forward.

- 7.2 Deposits were made online or via the app and through standing orders; both regular and ad-hoc payments could be set up. Access to daily funds was achieved through the Engage card (a pre-paid card for those without a bank account) that could be set up to make funds available daily to meet the cost of living. It was confirmed that a partnership between CAB Peebles and Peebles Foodbank would provide support to applicants unable to access the service digitally. A dividend was paid at the end of the financial year, agreed by the Board and dependent on the amount of surplus. Any outstanding loans were repaid by CCU at the time of a member's death up to the age of 80. A death benefit grant (again up to the age of 80) of 50% of total savings and up to £2,500 was available for next of kin. Access to savings was assured under regulation and strict governance by the Financial Conduct Authority and the Bank of England for deposits of up to £85,000.
- 7.3 An effective PR and marketing strategy that encapsulated a Borders identity was required in the promotion of the Credit Union's services going forward alongside a targeted campaign on the benefits of credit unions with employers e.g. SBC, NHS and the RSLs. In the meantime, WLCU/CCU's website was available to promote to the Borders area. It was hoped that the relaunch of the WLCU/CCU in the Borders would coincide with both the 25<sup>th</sup> anniversary of the Credit Union and Challenge Poverty Week 2-8 October 2023. A proposed development worker was to coordinate activity in the Scottish Borders to target specific employers, expand the network of contacts and work with schools to promote financial education and benefits of the Credit Union. Any further queries on the matter were to be directed to Kenny Harrow. Juliana Amaral (BCA) and John McClay were to engage in further discussion concerning a series of Third Sector networking events. The potential role of a dedicated Development Officer was discussed. Members welcomed the presentation and voiced support for the work of the credit union.

#### **DECISION**

**NOTED the presentation.**

#### **8. WORK PLAN PROGRESS REPORTS (for noting)**

There had been circulated copies of work plan progress reports which related to Themes 2, 3 and 4. In relation to Theme 3 Progress report, it was reported that the Board of Trustees, NHS Borders recommended the reinstatement of the Volunteer Co-ordinator through NHS Borders which also had outreach to community hospitals etc. with a view to returning to a pre-Pandemic level of service.

#### **DECISION**

**NOTED the reports.**

#### **9. CHILDREN & YOUNG PEOPLE'S PLANNING PARTNERSHIP (CYPPP)**

There had been circulated copies of the CYPP Update August 2023 for which Stuart Easingwood gave a brief verbal follow up. The Network Chairs had now been appointed as follows: A Good Childhood – Justin Sinclair (SBC); Whole Family Support Network – Alison Downie (NHS Borders); Supporting the Workforce – Sarah Axford (Children 1<sup>st</sup>); and Planning and Building Capacity – Inspector Robbie Noble (Police Scotland). Monthly meetings from early September 2023 were scheduled and a new Chair was to be appointed. On the matter of the Scottish Borders Summer 2023 Programme, it was reported that a range of programmes and approaches were being delivered through: third sector youth work summer programme; Jedburgh and Duns Swimming pools; Abbotsford Witch Corner; Live Borders; the provision of small grants to support summer activities; participatory budgeting approaches for people who are homeless; kinship carers; care

experienced young people; children and young people in conflict with the law; and unaccompanied asylum-seeking young people. Funding of £254,320 had been agreed in June 2023 by the CYPPP with an additional Scottish Government funding of £86,853 awarded in July 2023. The short timescale between the agreed funding and the start of the school holidays limited the scope of provision and was a barrier to effective communication to parents and carers. A programme evaluation was due following its conclusion and was to include examples of the extent to which poverty was impacting families. Feedback indicated a need for year-round provision to better support families. To date there remained £130,657.75 in uncommitted funding which the CYPPP had agreed to earmark for developing programmes of support during other holiday periods and/or year-round support to targeted families.

- 9.2 With regards to the Children and Young People's Participation and Engagement Strategy, it was reported that in June 2023 the CYPPP Board approved the creation of a short life working group to co-produce a multi-agency strategy with a group of children and young people with a view to its launch in Spring 2024. Work was also ongoing to create a commissioning specification for an Independent Advocacy Service for children and young people aged 5 to 26.
- 9.3 With regards to the Commissioning Review and the Whole Family Wellbeing Fund, there had been set up a short-term task and finish group to develop a new commissioning strategy for the CYPPP which was to ensure a more streamlined approach to multi-agency spend. The group was also to progress plans for the Scottish Government's Whole Family Wellbeing Fund, established to enable a shift to investment in early intervention and prevention activities. Funding had been committed for the next three years to work towards a target of at least 5% of community-based health and social care spend to be focussed on preventative whole family support measures by 2030.
- 9.4 Stuart Easingwood reported that SBC's implementation of 'The Promise' had been identified as a good model of governance and accountability for delivery by the National Promise Leads Network.
- 9.5 In response to a question about supporting the mental health needs of young people in school, it was reported that there was to be a review of provision. Commissioned services and the services of NHS Borders were to form part of a multi-agency, holistic approach in schools and the wider community. This was to be Mr Easingwood's final meeting as he was to leave his role at the end of the month. Members and attendees thanked Mr Easingwood for his achievements and dedication over the years and wished him every success for the future.

## **DECISION**

**NOTED the report.**

### **10. THEME FOR NEXT MEETING**

The theme for the next meeting was noted as Theme 2 – Access to work, learning and training.

### **11. FORWARD PLANNER FOR FUTURE MEETINGS**

There had been circulated copies of the Forward Planner which Members noted.

### **12. DATE OF NEXT MEETING**

The next meeting of the Community Planning Strategic Board was scheduled for 16 November 2023, 2pm.

*The meeting concluded at 4.15 pm*

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**SCOTTISH BORDERS COUNCIL**

**ACTION SHEET**

**COMMUNITY PLANNING STRATEGIC BOARD - September 2021 onwards**

Notes:-

Items for which no actions are required are not included




<b>NO.</b>	<b>MINUTE PARAGRAPH NUMBER, TITLE AND DECISION REQUIRING ACTION</b>	<b>ORGANISATION</b>	<b>RESPONSIBLE OFFICER</b>	<b>OUTCOME</b>
<b>9 September 2023</b>				
1. CPP Improvement Plan	Para 3.3 - In relation to the Future Governance arrangements, further work was to be carried out before the next meeting of the CPSB when an update was to be provided	SBC	Jenni Craig	
2. Community Plan 2018 Progress Report	Para 4.2 - Greater clarity required of the metrics used to calculate the average weekly wages of £571 and how it is calculated, to better reflect the lived experience of a significant proportion of the Borders population	SBC	Clare Malster	
<b>9 March 2023</b>				
2. Proposal for Themed Meetings	Para 5 – AGREED that meetings were to take a themed approach from Summer 2023, as follows: <ul style="list-style-type: none"> <li>• Summer 2023 - Theme 3 Enjoying good health and wellbeing;</li> <li>• Autumn 2023 – Theme 2 Access to work, learning and training;</li> <li>• Winter 2023 – Theme 1 Enough money to live on; and</li> <li>• Spring 2024 – Theme 4 A good place to grow up, live and enjoy a full life.</li> </ul>	SBC	Clare Malster	Ongoing
<b>15 June 2022</b>				
1. Community Planning Partnership Task Group – Improvement Plan Update	Para 3.2 – action (b)(i) NOTED that a further report on a CPP governance structure and performance framework which reflected the Work Plan would also be considered by the CPP Programme Board in August 2022 before being	SBC	Jenni Craig	Due March 2024

NO.	MINUTE PARAGRAPH NUMBER, TITLE AND DECISION REQUIRING ACTION	ORGANISATION	RESPONSIBLE OFFICER	OUTCOME
	presented for approval to the Strategic Board in September 2022.			
<b>18 November 2021</b>				
1. Food Growing Strategy	Para 4.2 – action (b) AGREED that Partner members reflected the Strategy and Action Plan within their own organisational plans and considered how this could contribute to community planning objectives in relation to land use, climate change, health and wellbeing, and community resilience.	All	All	Ongoing
	Para 4.2 – action (e) AGREED to consider the longer term evolution of the Community Food Growing Strategy and how shared objectives may be reflected in the next refresh of the CPP Community Plan.	SBC	Jenni Craig	To be picked up further in the development of actions to deliver the plan
3. Anti-Poverty Strategy and Action Plan	Para 6 – action (b) AGREED that members of the Community Planning Partnership reflected the Strategy and Action Plan within their own organisational plans and considered how this contributed to community planning objectives.	All	All	Complete - plans to refresh the Anti-Poverty Strategy, in order that it remains fit for purpose, are being developed.
	Para 6 – action (c) AGREED to collaboration between CPP Partners to identify resources to deliver the Strategy and Action Plan where appropriate.	All	All	Complete – plans to refresh the Anti-Poverty Strategy, in order that it remains fit for purpose, are being developed.
<b>9 September 2021</b>				
2. Community Learning and Development Partnership Plan 2021-24	Paragraph 6 – action (d) AGREED to receive an annual report on progress of the Plan.	SBC	Lesley Munro	Complete - on agenda

**KEY:**

No symbol

Deadline not reached

	Overdue
	<1 week to deadline
	Complete – items removed from tracker once noted as complete at meeting.

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THEME: ENOUGH MONEY TO LIVE ON				
Theme lead: Scottish Borders Council		Group members: CPP Partners, DWP & CAB		
Outcomes	Actions	Timeframe	Progress/current position	RAG
Communities are supported with advice and financial assistance in relation to income maximisation, debt, food, warmth and fuel throughout autumn/winter	Short life multi-agency Partnership Group (including Community Planning Partners) continues to meet to address the current cost of living crisis and provide support and assistance across the Borders to those in need throughout autumn/winter 2022.	Autumn/Winter 2022	<p>Feedback from those awarded funding during 2022/23 included that some warm spaces continued to operate as the weather improved. Borders Community Action is seeing concerns from communities as summer has come to an end and that warm spaces may be required again to help people stay safe during the winter and remain connected. Similarly Live Borders reports that energy costs will continue to be an issue for sports clubs as we move into the colder weather.</p> <p>The Cost of Living Strategic and Operations Groups continue to meet with a current focus on future identified need.</p> <p>Challenge Poverty week ran 2-8 October 2023. Throughout the week SBC highlighted the range of advice, information and support that is available to support those experiencing financial hardship. Information remains available on the SBC website <a href="#">Financial support and advice   Cost of Living Crisis support   Scottish Borders Council (scotborders.gov.uk)</a></p> <p>Plans to refresh the Anti-Poverty Strategy, in order that it remains fit for purpose, are being developed.</p> <p>For 2023/24 to date grants totalling of £5,169 has been awarded from the Community Welfare Trust to support cost of living activity. This was represented by £1,309 awarded to individuals and £3,860 awarded to groups.</p>	
The Borders is a more equitable and fair place to work	CPP to work collaboratively to identify barriers and work towards		A working group has been established to develop a planned and sustainable approach to the running of holiday provision.	

	<p>developing a plan to remove them in order to support parents into employment i.e., childcare barrier, transport etc.</p>			
	<p>Partnership to develop plans for paying the living wage – and encouraging contractors and sub-contractors to also do so.</p>		<p>The following partners are Living Wage employers:</p> <ul style="list-style-type: none"> <li>• Scottish Borders Council</li> <li>• Borders Community Action</li> <li>• SoSE</li> <li>• Berwickshire Housing Association (also requires suppliers/contractors to adopt an approach to ensure fair work practices are in place incl. paying a Real Living Wage)</li> <li>• SBHA accredited as a Living Hours Employer, effective from 01/11/23. This means that employees people get a contract that reflects the hours regularly worked, get a reasonable notice period for changes in shifts and have a guaranteed minimum of 16 hours of work per week (or choose to opt out of this). SBHA are amongst the first employers to implement this new standard and next week in Living Wage Week there is to be a celebration of the first 40 employers in Scotland to achieve accreditation. <p>More information on Living Hours can be found at <a href="http://www.livingwage.org.uk/living-hours">www.livingwage.org.uk/living-hours</a></p> <ul style="list-style-type: none"> <li>• Waverley Housing</li> <li>• Eildon Housing Association (also encourage partners and contractors to pay the Living Wage and shortlisted for a Living Wage Leadership Award on 09/11/23)</li> </ul> </li></ul>	

<p>Build, redirect and retain wealth in the Scottish Borders local economy, and place wealth back into the hands of local people</p>	<p>Explore a partnership approach to Community Wealth Building - CPP partners to work collaboratively to develop community wealth building plans.</p>		<p>169 responses to the public consultation have been published on the Scottish Government's website including five CPPs (including Scottish Borders). The overall fundings are yet to be released.</p> <p>Increasing fair work is one of the five pillars of CWB activity and contributed to by partners as set out above.</p> <p>All resource and capital funding grant awarded by South of Scotland Enterprise (SOSE) requires those in receipt of the grant to pay real living wage (including to sub-contractors or agency staff involved in delivering the grant funded activity) and to provide appropriate channels for effective workers' voice.</p> <p>SOSE's procurement strategy sets out what it expects of its suppliers. SOSE will ensure that all suppliers/contractors and sub-contractors are paid at least the real Living Wage and shall not use zero hours contracts in relation to any contracts with SOSE.</p> <p>SBC is working with organisations including SoSE and Borders Community Action to support communities take on the ownership/management of publicly owned assets.</p> <p>Working in line with its sustainable procurement charter SBC is procuring goods through local suppliers.</p> <p>SBC's Strategic Events Fund requires that where possible local suppliers should always be used. Prioritisation of applications includes supporting local businesses. Applicants to include information on number of businesses contributing, new and innovative methods of adding value to local products, local jobs created and individuals gaining new skills.</p>	
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<b>THEME: ENJOYING GOOD HEALTH AND WELLBEING</b>				
<b>Theme lead: Public Health</b>		<b>Group members: To be finalised</b>		
<b>Outcomes</b>	<b>Actions</b>	<b>Timeframe</b>	<b>Progress</b>	<b>RAG</b>
<p>Increased health life expectancy</p> <p>More people enjoying good mental health and well being</p> <p>Increasing the number of well-paid and fair jobs for local people</p>	<p>CPP to commit to addressing health and socio-economic inequalities by:</p> <ul style="list-style-type: none"> <li>• Developing and completion of a template for baselining status as anchor institutions</li> <li>• Developing and completion of a template for baselining position for paying due regard to the Fairer Scotland Duty</li> <li>• Developing guidance for promoting good health and wellbeing</li> </ul>		<p>Survey templates for anchor organisations and FSD/ health in all Policies have been developed and circulated to members of the Joint Programme Board.</p> <p>We are now following up with organisations separately and individually to try and get these returns.</p> <p>Developing a strategy on Anchors for submission to Scottish Government by end of October.</p>	
	<p>Partners proactively engage in the Health and Wellbeing Area Partnerships/Locality Working Groups to develop local plans in each of the 5 localities and influence the direction of resource.</p>		<p>Work ongoing to develop the local action plans</p>	
	<p>The Partnership to effect change by advocating for reducing health</p>		<p>The Public Health team are analysing health inequalities by reviewing data on uptake of health services and outcomes to identify and</p>	

	<p>inequalities aligning to the overarching purpose of the CPP to reduce inequalities.</p>		<p>understand health inequalities across the Borders.</p> <p>A workshop has been held bringing partners together across the system to consider the emerging data for the health inequalities strategy and what actions are needed to make progress.</p>	
<p>Increased volunteering numbers throughout the Borders which will provide additional support to those in need, and increased levels of wellbeing both for volunteers and those who are being supported</p>	<p>Current volunteering landscape to be considered &amp; opportunities to be promoted and maximised.</p>		<p>Borders Community Action held a range of volunteer events to celebrate volunteers' week in June which received excellent feedback.</p> <p>A place-making meeting was also held in Eyemouth in June, 62 people attended the event and a number of 16 people signed up as volunteers to lead on Local Place Plans.</p> <p>Borders Community Action are now adopting a strategic plan which will go out to consultation and a new volunteering action plan will also be created shortly in discussion with SBC.</p>	

THEME: A GOOD PLACE TO GROW UP, LIVE IN AND ENJOY A FULL LIFE				
Theme lead: Police Scotland		Group members: Police Scotland, SBC, Scottish Fire & Rescue Service		
Outcomes	Actions	Time frame	Progress	RAG
The Borders has a clear and planned pathway to Net Zero.	The Partnership will establish a definitive baseline of Area-Wide Greenhouse Gas Emissions, and develop a regional approach to delivering emissions mitigation and a climate-ready region.	12 months	<p>An initial meeting of the Practitioners Group took place on 13 September, and agreed Terms of Reference. A further meeting has been scheduled for Wednesday 6 December. Preparatory to 6 December meeting, efforts are being made to collate an overview of each organisation's priorities, plans, current projects, future plans and collaborative opportunities.</p> <p>A workshop to address the wider governance and delivery requirements of the CPP is scheduled for 6 November. For Net Zero, in particular, partners will need to understand how climate action is scoped, agreed and delivered through the Partnership Board, Programme Board and delivery theme groups, recognising the paramount and pervasive nature of the climate imperative.</p>	

<p>Cleaner greener travel, less emissions and increased choice for communities within the Scottish Borders.</p>	<p>Increase the range and availability of sustainable transport.</p>	<p>Some steps within 12 months; further steps beyond 12 months</p>	<p>On the 2nd of May 2022, Scottish Borders Council, supported by the Workforce Mobility Project, launched the PINGO Demand Responsive Transport pilot in the Berwickshire locality.</p> <p>PINGO is an innovative way of delivering public transport which is not based on a traditional fixed route bus service, but defined by customers booking their trip through the PINGO App or by calling the dedicated hotline.</p> <p>The service exceeded 12000 journeys in its first 11 months of operation with users of the Scottish Governments Under 22 free travel scheme accounting for over 40% of all journeys.</p> <p>The pilot has been extended for a further 12 months through to March 2024 with further enhancements coming online in the next 12 months, the service continues to show consistent passenger growth in the Berwickshire catchment.</p> <p>The data gathered will feed into the wider network review helping us to understand how Demand Responsive Transport can interwork with fixed line bus services in a rural context.</p> <p>As we continue to recover from the Covid – 19 pandemic, some fixed route local bus service are starting to see growth.</p> <p>In order to accommodate new travel patterns, some key transport corridors will benefit from</p>	
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			<p>increased frequencies and later hours of operation from July 2023.</p>	
<p>Communities at the heart of decisions shaping the future and making decisions that affect their towns and villages.</p>	<p>Community Planning Partners to recognise and support Place Making (with the development of place plans in at least 15 communities across the five localities of the Borders) by being active in the governance of Place Making.</p>	<p>12 months</p>	<p>A summary note from the in-person Place Making workshop for Community Planning Partners in June has been prepared by Scottish Futures Trust and shared with the team developing the Community Plan to ensure community led planning is incorporated into the thinking.</p> <p>Summary note attached.</p>  <p>ScottishBordersCPPPI acemakingNote24082</p> <p>Place Making conversations are continuing across the Borders with 58 out of 69 community council areas having expressed an interest or are actively developing a Local Place Plan for their area. Updates and further information are being captured in Scottish Borders Councils Place Programme pages.</p> <p><a href="#">Place Programme</a></p> <p>The four towns that are part of the Borderlands Inclusive Growth Deal Place Programme have formed “Town Teams” and are actively working on a Local Place Plan. Community Planning Partners are represented on some of those teams or are feeding into the conversations at a community level.</p>	

			Further involvement from partners is welcomed and SBC will encourage dialogue with partners as the plans develop.	
Fewer people experience domestic abuse in Scottish Borders	Recognition-Respond-Refer: Empower communities to identify and take action to address domestic abuse through delivering increased awareness of 'coercive control' in the Scottish Borders and an understanding of what to do and who to contact	12 months	First draft of Community Domestic Abuse Infographic has been produced, reviewed and approved and is currently being revised for use on mobile devices in order to make it accessible for all.	

## Community Planning Partnership

# Briefing on the Independent Strategic Review of Funding and Commissioning of VAWG Services

### Background and Context

The Independent Strategic Review of Funding and Commissioning of Violence Against Women and Girls (VAWG) Services was set up with a remit to develop a more consistent, coherent, collective and stable funding model that will ensure high quality, accessible specialist services across Scotland for women, children and young people experiencing any form of VAWG.

Extensive consultation was conducted by a Scottish Government independently appointed Strategic Board, and locally the Scottish Borders Violence against Women Partnership submitted a response; the VAW National Network collated responses and individual services supported responses from national bodies such as Scottish Women's Aid and Rape Crisis Scotland.

### Summary of Recommendations: extracted from main Report published June 2023

1. Legislation to support VAWG on a statutory footing. This will include: a right in law to our minimum core services; a public duty on service providers to ensure that the full range of minimum core services are provided, and a public duty on prevention identifying children and young people as co-victims in relation to domestic abuse.
2. Minimum Core Services - a range of services which are required to provide safety and support for women, children and young people wherever and whenever they need it. These services are intended to be a floor not a ceiling – additional services can be provided but there should never be fewer than the minimum core.
3. Participation of women, children and young people and the needs of all victims/survivors of Violence Against Women Children and Young People (VAWCYP) should be included and resourced in the development and implementation of all aspects of the new model.
4. Funding and Commissioning of Violence Against Women and Girls Services - providing these minimum core services as a right in law means that there will no longer be a competitive fund run by the Scottish Government. Funding for VAWG will be provided through collaborative commissioning arrangements and should be agreed for at least an initial three-year period, with the option of two further years thereafter.

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5. The current national, competitive fund for essential services provided by the SG will be replaced by ring fenced, devolved funding for VAWCYP minimum core services to local authorities and their statutory partners.
6. The Scottish Government will also fund national prevention work, including campaigns and the establishment of the Istanbul Convention Implementation Observatory. partnership with others and a training programme for all professionals.
7. Mainstream Services have a key role in responding to VAWCYP, and we are therefore recommending the development of a whole system, intersectional, gendered, child rights response to VAWCYP as a prerequisite to achieving the transformational shift required, including training for staff in mainstream services, delivered through a national training strategy.
8. As noted above, we recommend that Violence Against Women Partnerships (VAWPs) should be put on a statutory footing and included in Public Protection arrangements at local authority level. Investment in developing the infrastructure of VAWPs is essential and should include appropriate levels of resource for coordination and administration, and capacity building to support monitoring and evaluation. Resources should be provided to support VAWPs to undertake a strategic commissioning role within their local areas to meet local needs and circumstances and to carry out local needs assessments.
9. VAWPs should also be resourced to ensure that the experience of women, children and young people inform their local strategy and that their work is grounded in an intersectional understanding of VAWG. Standards and Regulation

### Current status

The VAW National Network have responded to the Recommendations in the Report and on the whole support the Recommendations whilst acknowledging the impact on local authorities and local VAWPs in moving to a new funding model and a statutory footing for violence against women.

Cosla, as co-authors of Equally Safe have also responded to the Recommendations and will discuss further the implications for local authorities.

The Scottish Government have indicated that they will publish an Implementation Plan in December 2023, detailing the first steps in progressing the range of recommendations from the Report. This is likely to require some discussion at local level between the VAW Partnership and key stakeholders in relation to resources required to implement the first phase of the recommendations.

The full report can be accessed on

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[The Independent Strategic Review of Funding and Commissioning \(www.gov.scot\)](http://www.gov.scot)

*Andrea Beavon*

*VAW Coordinator, Scottish Borders*

*17.10.23*

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## Whole System Approach – Eyemouth Gateway to Good Health

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### Update to Community Planning Partnership

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#### 1 Introduction

This cover papers introduces a summary report of the Whole Systems Approach – Eyemouth Gateway to Good Health.

It recommends that the Partnership:

- Notes the successes outlined in the report
- Notes the importance of evidence based levers to supporting healthy weight for our communities
- Considers the relevance of the learning from this work to other developments

A more comprehensive report outlining the details of actions and outcomes is available here: [nhs.uk/patients-and-visitors/our-services/children-young-peoples-services-directory/health-improvement-team/publications/](https://nhs.uk/patients-and-visitors/our-services/children-young-peoples-services-directory/health-improvement-team/publications/)

#### 2 Background

Having a healthy weight, being active and having good emotional and mental health are some of the most important aspects of reducing health inequalities and improving population health. The Scottish Government has set an ambition to halve childhood obesity by 2030.

A Whole Systems Approach (WSA) is one method of delivering on these ambitions and can be defined as *applying systems thinking and tools that enable an ongoing, flexible approach by a broad-range of stakeholders to identify and understand current and emerging public health issues where, by working together, we can deliver sustainable change and better lives for the people of Scotland<sup>1</sup>.*

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<sup>1</sup>Public Health Reform. 2019. *Enable a Whole System Approach to Public Health*. Available from: <https://publichealthreform.scot/media/1520/phob-enabling-the-whole-system-to-deliver-the-public-health-priorities-paper-22.pdf> [Accessed 12 October 2019]

Scottish Borders was invited to participate as a pilot area for the Whole Systems Approach through its involvement in the East of Scotland Partnership for the Prevention and Remission of Type 2 diabetes and was one of eight early adopter areas.

The Community Planning Partnership approved a proposal to take forward this work in Eyemouth with a focus on child healthy weight and inequalities. The covid pandemic stalled initial progress and the attached report outlines work undertaken between March 2021 and March 2023.

Borders benefitted from a total grant of £60,000 to support implementation. This funding supported staffing costs in third sector agencies, training and resources/logistics.

### 3 Highlights

The implementation of WSA in Eyemouth was led via a clear governance structure and the active involvement of stakeholders and community members including volunteers. The report outlines the considerable achievements in Eyemouth in delivering the key actions for each of the priority themes identified through a series of stakeholder workshops. The priority themes and associated actions are outlined below:

Priority Themes		
Communication	Participation and Learning	Outdoor Activities
Action 1: Eyemouth Living publications	Action 2: Book boxes Action 3: Play spaces Action 4: Community Lunch	Action 5: Visual Map Action 6: Junior parkrun Action 7: Cycling Action 8: Outdoor activities

Work continues to deliver on these themes and actions progressed since the report was produced include:

- A 'big cook, little cook' programme' was delivered in partnership with the Early Years Centre and Outside the Box to support healthier family cooking on a budget.



- The Visual Map is now complete and negotiations are ongoing to find a permanent site for its installation.
- New cycling racks have recently been installed
- Junior parkrun celebrated its first anniversary in August 2023

## **Reflections**

A Celebration Event was held with local stakeholders and community members in May 2023 to reflect on the success and learning from the project. People attending noted a range of factors that could influence future successes in this way of working. These included ensuring engagement with key stakeholders and the allocation of time and resources to support.

In September 2023 Obesity Action Scotland published Local Levers for Diet and Healthy Weight <sup>2</sup> which outlines evidence-based actions which could be taken forward in Scottish Borders:

1. Restrict food marketing
- 2 . Utilise planning to improve food environments
3. Strengthen public food procurement and provision standards
4. Work with the out of home sector to reduce calories on the menu
5. Improve uptake of school meals
6. Promote and support physical activity
7. Protect, promote, and support breastfeeding and healthy diets for children.

## **Conclusions**

The WSA in Eyemouth has made a positive contribution to wellbeing in the town and thanks are given to all those involved.

There is potential to build on this good work by taking a wider systems approach to mitigating the impact of our obesogenic environment.

## **Authors:**

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<sup>2</sup> Obesity Action Scotland | Providing leadership and advocacy on preventing & reducing obesity & overweight in Scotland | New Report: Local Levers for Diet and Healthy Weight: Top Evidence Backed Opportunities

Fiona Doig, Head of Health Improvement/Strategic Lead Alcohol and Drugs  
Partnership, NHS Borders

Penny Oliver, Health Improvement Specialist, NHS Borders

**Report approved by:**

Jenni Craig, Director of Resilient Communities, Scottish Borders Council.

Sohail Bhatti, Director of Public Health, NHS Borders



East of Scotland  
Partnership  
Prevention & Remission of  
Type 2 Diabetes Programme



# Eyemouth Whole Systems Approach Summary Annual Report

## Introduction

This report celebrates the considerable achievements of people and partners who have taken forward a Whole Systems Approach in Eyemouth over the last two and a half years. The aim of this work was to take a community led approach to improve diet and healthy weight.

The piloting of a Whole Systems Approach in Eyemouth was first approved at the Community Planning Partnership in September 2020. Initial planning and implementation stages were stalled during the pandemic and our first workshop eventually took place in March 2021 with 42 representatives from the community and wider stakeholders starting the process of identifying local priority actions.

Since then a large team of staff and volunteers have worked to progress our agreed eight key actions and have reached thousands of homes and residents in Eyemouth adding their contribution to supporting health and wellbeing in our children and young people healthy.

We have recognised that we have made a difference to those people who have been reached by the Whole System Approach work and this report outlines and celebrates our achievements and outcomes.

We have also acknowledged in our report that in order to address the wider obesogenic environment change has to come from within the system itself and we therefore hope to continue to use the collective influence of our partnership to promote health and wellbeing.

I would like to add, as part of this report, my thanks to all the volunteers who have contributed so much to the success of this project.

Jenni Craig  
Executive Sponsor – Whole Systems Approach  
Director – Resilient Communities  
Scottish Borders Council

## Improving Child Health

We want children to have the best start in life, improve children's health and wellbeing by having opportunities to eat well and be active. Every child should have the same opportunities to thrive, no matter where they live.

Currently there is a flood of unhealthy food options available to families and a trickle of opportunities to access healthier food options and to be physically active with limited safe outdoor spaces where children can run and play. This leads to poor health outcomes and high rates of children living with obesity.

There are concrete steps we can take to reduce the flow of unhealthy food while increasing the flow of affordable and healthy food options. We can shape opportunities to be physically active by increasing the use of good quality green spaces and sharing information about what's available locally to support child health.

## Whole Systems Approach to Diet and Healthy Weight

Rather than being the sole responsibilities of individuals, overweight and obesity are the result of a complex web of interrelated factors (policy, environmental, social, economic, cultural and biological)<sup>1,2,3</sup> across systems, which lie beyond individual control. Despite this however, many interventions continue to place emphasis on approaches that focus on individual behaviour change<sup>3</sup>.

The term 'obesogenic environment' is used to refer to the role environmental factors may play in determining both nutrition and physical activity. For example, the Foresight Report <sup>5</sup> described how environmental factors may operate by determining the availability and consumption of different foodstuffs and also the levels of physical activity undertaken by populations. The National Institute of Health describes obesogenic environment as 'the sum of influences that the surroundings, opportunities, or conditions of life have on promoting obesity in individuals or populations'.

A Whole System Approach plays an important role in delivering change across the "obesogenic system", responding to the need for a coordinated collaborative approach to create an environment where people can maintain their health and wellbeing in relation to food and healthy weight.

Whole Systems Approach is defined as applying systems thinking and processes that enables "an on-going flexible approach by a broad range of stakeholders, to identify and understand current and emerging public health issues where, by working together, we can deliver sustainable change and better lives for the people in Scotland" <sup>4</sup>.

Scottish Borders was invited to participate as a pilot area for Whole Systems Approach, through their involvement in the East of Scotland Partnership for the Prevention and Remission of Type 2 Diabetes. Scottish Borders is one of eight early adopter areas in Scotland and Eyemouth was chosen as the town to take this forward for the following reasons.

Eyemouth had established positive collaborative working relationships between community members and groups, local service providers and community planning partners whilst maintaining a focus on reducing health inequalities. There were a number of active partnerships with shared aims for health and wellbeing as well as children and families engaging in activities offered in early year's settings. It was also recognised that Eyemouth had successfully responded to community need for emergency support during the covid-19 pandemic.

In addition to these strengths, there were some specific challenges and with child poverty a growing concern across Scotland, Eyemouth was no exception. The Covid-19 pandemic exacerbated outcomes for communities living on low incomes and who were already at risk of experiencing poor health.

Eyemouth therefore adopted a community led Whole Systems Approach to supporting and promoting healthy weight, eating well and being physically active with a focus on children and health inequalities.

## Governance and Funding

### Governance

For the purposes of this document – a **stakeholder** is defined as a person or group with an interest or concern in community led health or diet and healthy weight. This includes, therefore, volunteers and community members.

The effective implementation of a local Whole Systems Approach requires the establishment of governance structures that can offer support to the process. Effective communication and building appropriate governance structures helps stakeholders to understand the process. Collaborative leadership at four different levels has been instrumental to the progress in Eyemouth. The following structures were implemented in January 2021.

<b>Governance Group</b>		
<b>Lead – Chair – Director of Resilient Communities, Scottish Borders Council</b>		
<b>Working Group</b>		
<b>Lead – Public Health</b>		
<b>Priority Theme Group 1</b> <b>Communication</b>	<b>Priority Theme Group 2</b> <b>Family Participation and Learning</b>	<b>Priority Theme Group 3</b> <b>Outdoor Activities</b>
<b>National Partners</b>		
<b>Obesity Action Scotland, East of Scotland Partnership – Prevention and Remission of Type 2 Diabetes, Scottish Government, Public Health Scotland, Food Standards Scotland.</b>		

## Funding

Was provided in two phases by East of Scotland Partnership for the Prevention and Remission of Type 2 Diabetes. The Discovery Phase (Phase 1) had an allocation of up to £10,000 with up to £50,000 available for the Implementation Phase (Phase 2). A total of £60,176 was allocated to projects during the two year period from January 2021 to April 2023.

The largest sums were spent ensuring community based staff hours were available to co-ordinate work including delivery of the Community Lunch and Outdoor Activities and to participate in the Working Group and associated meetings. Due to the slippage of some of the actions and the 'in-kind' donations of some resources at the end of March there was a small unallocated sum of £4348.95. This is allocated to the final completion costs for one action will enable replenishment of some of the resources for the project.

## Methodology

Methodology developed by Leeds Beckett University and Public Health England was used to implement a Whole Systems Approach in Eyemouth. [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/820783/Whole\\_systems\\_approach\\_to\\_obesity\\_guide.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/820783/Whole_systems_approach_to_obesity_guide.pdf)

The first stage of the approach was to build knowledge and understanding of the local picture to explore what was already happening in Eyemouth to support diet and healthy weight. The Working Group gathered information about the range of activities and services currently being provided and built up a list of active stakeholders. An online questionnaire was developed and circulated to stakeholders. Questions were asked to develop an understanding of the actions that were already happening in Eyemouth. These included:

- What do you do to support children, young people, families and adults in Eyemouth to eat well, be physically active and maintain a healthy weight?
- What do you do to specifically support children, families and adults in Eyemouth who are an unhealthy weight to eat well, and be physically active?
- Where, when and to what age group is this support offered in Eyemouth?
- Is there a cost?

## Engagement

Community engagement was challenging due to the restrictions imposed by the Covid 19 pandemic and the lack of opportunities for face to face working at that time. Due to the community led aspect of the project, members of staff from a range of community based organisations were invited to join the Working Group and this proved to be essential in terms of generating positive engagement with local people.

In addition to this, some local community organisations engaged with people in their own networks to promote the project and share opportunities that would support people to get

involved, an example being a community group who works with parents of young children. Parents who were unable to participate in the workshops were supported to feed in their views and thoughts through smaller focus group sessions.

Engagement through existing pre-covid networks also proved useful and information was circulated through local social media pages. An article published in The Berwickshire News was helpful in explaining the background to the project when it was in its early stages, with follow up articles published in the monthly Eyemouth Living publication that was delivered to all households in Eyemouth.

## Workshops

Following initial engagement there were three workshops which were held over a period of three months between 31<sup>st</sup> March 2021 and 16<sup>th</sup> June 2021.

The first workshop aimed to develop a collective understanding amongst participants of the issue of diet and healthy weight. It provided the background and context to the issue and then participants developed causal maps of the local system that influences overweight and obesity.

During the second workshop, participants created a vision and renamed the Whole Systems Approach. Participants felt it was important for the project to have a more meaningful name that would resonate with local people and it was thereafter known locally as 'Eyemouth Gateway to Good Health'. During this workshop, key priorities were identified to focus efforts on supporting diet and healthy weight, eating well and being physically active.

The third workshop created an opportunity for participants to explore the priorities in more detail and three themes for action were identified. These were: 1) Communication 2) Family participation and learning 3) Outdoor Activities.

## Themes Identified by Stakeholders

During the workshops, three priority themes and eight areas for action were identified by participants.

Priority Theme 1 Communication	Priority Theme 2 Family Participation and Learning	Priority Theme 3 Outdoor Activities
Action 1 – Eyemouth Living Publication	Action 2 – Book Boxes	Action 5 – Visual Map
	Action 3 – Play Spaces	Action 6 – Junior parkrun
	Action 4 – Community Lunch	Action 7 – Cycling
		Action 8 – Outdoor Activities, including cooking

## Progress to March 2023

### Action 1 – Eyemouth Living Publication

- Eyemouth Living - 32 pages of health promoting articles including healthy recipes, community food growing, gardening and a range of other information
- 14,000 copies of Eyemouth Living delivered between December 2021 and April 2023, advertising opportunities for physical activity in Eyemouth
- Over 50 groups or organisations submitted articles
- Eyemouth Living is embedded as regular business of Eyemouth Development Trust and regular distribution will continue

## **Action 2 – Book Boxes**

- Three Book Boxes with more than 30 books in each box are available in venues in Eyemouth
- Books cover a range of issues including diet and healthy eating
- Planning with Early Years practitioners to extend the availability of books focussed on health and wellbeing, including healthy eating
- Monitoring the use of the books has been difficult however most books that were rated were given a positive rating

## **Action 3 – Play Spaces**

- 21 parents engaged in conversations to provide feedback about existing play spaces in Eyemouth, providing suggestions for small upgrades that would support their children to be physically active
- Sharing of collated feedback with Scottish Borders Council supported local action to be taken
- Repairs have been made to play spaces and improvements made
- Parents are keen to continue to provide feedback and be involved in the future planning of play spaces

## **Action 4 – Community Lunch**

- 10 Community Lunch volunteers gained REHIS accreditation in Elementary Food Hygiene
- Community Lunch volunteers gained new skills in relation to healthier food choices, food preparation and health and wellbeing
- Collaborative work between local groups to develop a community lunch supported action to promote healthy eating
- Community Lunch has contributed to a reduction in food waste

## **Action 5 – Visual Map**

- Young people have learned digital mapping skills to produce maps of Eyemouth that show local walks and trails as well as other assets that support health and wellbeing
- Young people are being supported to engage and provide their views about what keeps them well and what is available in Eyemouth to support health and wellbeing
- Local young people are being supported to create an interactive clay mosaic art map that will be installed in Eyemouth, showing health assets, with links to other community groups and resources, this work will be completed during summer-autumn 2023

## **Action 6 – Junior parkrun**

- Permission for land use was complex and established through taking a whole systems approach
- Local champion led the development and set up of a junior parkrun and grew a group of volunteers
- Between August 2022 and April 2023, 113 individual children took part in junior parkrun
- 59 volunteers supported the free event
- Local promotion is ongoing to support children's participation in the event, supported by the national junior parkrun network

## **Action 7 – Cycling**

- Significant time invested in building local and national networks to support cycling and cycling safety in Eyemouth
- Programme of local training and safety awareness sessions for children and staff in local nurseries and schools
- Junior Road Safety Officers in Eyemouth Primary School have informed local action to promote cycling safety, for example making their own bespoke high visibility vests
- Provision of safety equipment for cycling and planned work to install cycle racks across a number of locations in Eyemouth



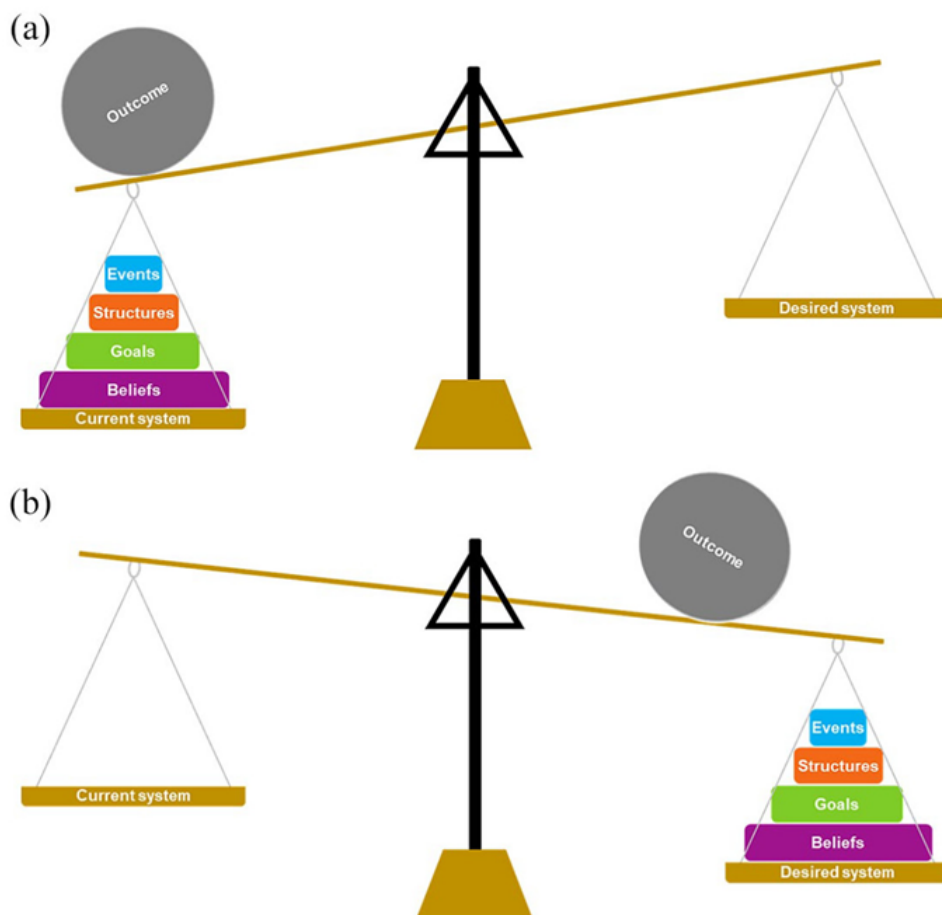
## Action 8 – Outdoor Activities

- Local network of skilled practitioners established to support the development of a programme of outdoor activities and encourage more connection to nature
- Programme of free training provided for staff and volunteers to support delivery of outdoor training sessions with 12 group leads trained
- An outdoor activities free resource pack developed and available for groups to use, hosted on the Outside the Box website <https://otbds.org/outdoor-activities/>
- A store of equipment is available for free local use, held in Eyemouth Community Centre and managed by a local volunteer

## Impact and Reflections

This report has outlined a brief overview of a locally developed plan to help support healthy weight, eating well and health inequalities.

In order to assess the impact of Eyemouth Whole Systems Approach, it is important to present some of the issues encountered during its implementation. Part of Leeds Beckett methodology includes consideration of the Action Scales Model. The Action Scales Model is a visual way of representing a complex system using a depiction of a set of scales and weights. It is a useful tool to understand the system and to help generate ideas for change.



There are four levels within the system which creates an obesogenic environment and therefore helps planners and people aiming for system change to identify the likely impact on the overall system of a particular activity or project. By aiming for change at the 'weightier' levels we are more likely to tip the balance in the system to support healthy weight.

Viewed from this perspective the actions undertaken through Whole Systems Approach can be seen to map most frequently to action relating to Events (for example the Community Lunch) and Structures (for example support from Scottish Borders Council to confirm suitable space for junior parkrun).

Action to change beliefs in the system is likely to be challenging in this context given the cultural significance of food and wellbeing and the sensitivity in relation to talking about child healthy weight. For maximum impact Noble et al refresh the need to ensure 'coherence' across the actions. At a community or operational level this can create tension. For example, one way to ensure sustainability for Eyemouth Living is through generating advertising income. However, those establishments most likely to be in a position to pay for advertising include food suppliers whose main motivation and menu choices may not align with the overall ambition of reducing child healthy weight.

Across many of the Whole Systems Approach pilot areas there is also an awareness that people's beliefs about and attitudes to what food might be considered 'healthy' vary and, if providing food in a community setting, at times it is a balancing act between what is perceived to be attractive in terms of food choices and providing the opportunity for social interaction both of which are important for wellbeing.

Conversely, the value of physical activity is often seen as a 'given' and, alongside infrastructure projects there has been success in some of the structural aspects of support to cycling, for example, the installation of repair station and cycle shed.

It is recognised that whole system change is unlikely to happen within the two-year life-span of a project such as the Eyemouth Whole Systems Approach. In Eyemouth it has been shown how it is possible to make a difference to some levels in the system, however, a bigger scale sustainable change is likely to need higher level influence, potentially even legislation, to create the conditions for health and wellbeing.

## Looking Forward

In May 2023, a stakeholder workshop was held in Eyemouth with project leads, members of the Working Group and Governance Group and a representative from Obesity Action Scotland, who have provided national support. The session aimed to reflect the successes and challenges of taking forward a Whole Systems Approach in Eyemouth as well as developing an overview of what they would recommend to other areas who were interested in developing a similar approach.

Feedback from the workshop has highlighted important factors in taking forward a Whole Systems Approach and these include:

- Identifying key stakeholders at an early stage
- Ensuring the adequate commitment of time and resource of partners
- The importance of governance structures
- Appropriate timescales and funding
- Time taken at the start of the process to understand and map community resources
- Effective engagement to support the development of projects that are important to community health
- Working in a defined community of appropriate size
- Funding

On 8 June 2023 representatives from Eyemouth work presented at the national Whole System Approach in Scotland conference. Through attending that conference we have identified that there is potential to support the existing work and enhance its impact through wider system approaches.

## Next Steps

This report will be presented to key stakeholders in Borders, initially via the Community Planning Partnership where we hope to present a case for building on the success of Eyemouth WSA through exploring local levers to mitigate our obesogenic environment.

These levers could include consideration of restricting food advertising and monitoring access to unhealthy foods. There is the potential to work with food outlets to explore healthier options.

Other ways to help support child health include increasing the uptake of school meals; uptake of physical activity and promoting breastfeeding and healthy introduction to solids.

There are existing routes for these discussions through the Place Making Programme; early discussions for a Food Strategy for Borders and planning for a local physical activity strategy.

It is hoped that we can continue to build on the success generated by people in Eyemouth to create a healthier future for our children.

## Further Information and Appendices

For the full version of the Whole Systems Approach report click [here](#).

### Links to other useful information:

Obesity Action Scotland Website: <https://www.obesityactionscotland.org/whole-systems-approach/what-is-a-whole-systems-approach/>

Public Health Scotland Website: <https://www.publichealthscotland.scot/our-organisation/about-public-health-scotland/supporting-whole-system-approaches/>

Appendix 1 - Project outcomes click [here](#)

## References

- <sup>1</sup> Butland, B., Jebb, S., Kopelman, P., et al. (2007) *Foresight. Tackling obesity: Future choices—Project report*. Government Office for Science, London, 1-161. Available [here](#).
- <sup>2</sup> Rutter, H., Cavill, N., Bauman, A., & Bull, F. (2019). *Systems approaches to global and national physical activity plans*. *Bulletin of the World Health Organization*, 97(2), 162–165. <https://doi.org/10.2471/BLT.18.220533>.
- <sup>3</sup> Leeds Beckett University (2022) *Systems Approaches*, [Obesity Institute Website](#).
- <sup>4</sup> Public Health Reform. (2019). *Whole System Approach for the Public Health Priorities; Local Partnerships and Whole System Approach overview*. Public Health Reform. Available [here](#).
- <sup>5</sup> Jones, A., Bentham, G., Foster, C., et al. (2007) *Foresight Tackling Obesity: Future Choices – Obesogenic Environments – Evidence Review*. Government Office for Science, London 161.

## Need to contact us

@ [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk)

✉ Public Health, Joint Health Improvement Team, Scottish Borders Council HQ, Newtown St Boswells, TD6 0SA

☎ 01835 825970

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## CPP Forward Planner

		Meeting dates	
Programme Board			Strategic Board
25/10/23	→		16/11/23
14/02/24	→		07/03/24
15/05/24	→		06/06/24

Meeting cycle	Subject	Org	Officer	Joint Programme Board	Strategic Board
57 2023 Winter 2023 Theme 2: Access to Work, learning & training	Progress update on Community Learning and Development Partnership Plan 2021-24	SBC	L Munro	25/10/23	16/11/23
	Whole Systems Approach	NHS/SBC	F Doig	25/10/23	16/11/23
	Theme updates	SBC / SDS / Public Health / Police Scotland	Theme Leads	25/10/23	16/11/23
	Improvement Plan update - Governance	SBC	J Craig	25/10/23	16/11/23
Spring 2024 Theme 4: A good place to live, grow up, and enjoy a full life	Theme 4: The Independent Strategic Review of Funding and Commissioning of Violence Against Women and Girls' Services	SBC	Andrea Beavon		
	Theme 4: Borders Community Action Strategic Plan	BCA	J Amaral		
	Improvement Plan update – Governance	SBC	J Craig		

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