

Discussion Output: Our Health, Care & Wellbeing 27th March, 2018

Summary/Area of Discussion:

Care: care pathways, living independently at home, employment in the care sector

Post-it Notes:

- Lack of care and support in own homes – Under resources, speed of response and sustainability of care, resource, microwave meals poor nutrition, have carers all got their own transport or are there issues?
- Leaving hospital without care packages
- Rising elderly population – care home provisions not adequate
- Dementia specialist care is lacking
- Making social care jobs attractive to young people – how?
- Loneliness and isolation
- Roll out “what matters” hubs across Tweeddale especially in the more rural areas
- Deliver repeat prescriptions

“Priority” & “Solutions/Actions” Post-its:

- Care for the elderly/Combat loneliness – facilities in all areas needed, high quality personal and residential care for the elderly and dementia specialists, take children into old folks homes

Key Areas for Tweeddale

- **Health & Social Care Partnership Locality Plan for Tweeddale**

Summary/Area of Discussion:

Transport

Post-it Notes:

- Transport – access to medical care, BGH, Haylodge, X-ray satellite clinics needed - radiology? Choice of going to Edinburgh or NHS Borders for patient care
- Outreach services to come to people

“Priority” & “Solutions/Actions” Post-its:

- Transport – including a later bus from Galashiels, work with 3rd sector to increase community transport, business sponsorship for community bus, access to sport facilities for middle teens, mini bus available to get people to activities such as sport
- Funding for voluntary drivers

Key Areas for Tweeddale

- **Community Transport**

Summary/Area of Discussion:

Infrastructure & Housing

Post-it Notes:

- More day centres needed
- Lack of Council/SBC Care homes
- Housing for young people wanting to stay in the Borders so they can take on carer roles (formal and informal)
- Lack of GP's in the area, too practice focussed that than client focussed
- Introduce requirement to make a % of housing to be for the elderly (zones)
- Creating opportunities for people to get involves in exercise, infrastructure to support physical activity i.e. buses with bike racks, bikes on trains, cycle tracks to connect
- Walking communities?
- Improve pathways for walking and cycling
- Better leisure facilities open earlier for adults
- Fuel poverty and affordable warmth
- Budget for short term packages and adaptations to housing is falling. Houses grow with the tenant as their care changes – adaptations, supported care
- Improve broadband to support telehealth
- Outpatient appointments done via telephone/skype
- Use IT for virtual consultation between local surgery and General Hospital

"Priority" & "Solutions/Actions" Post-its:

- Housing – extra supported care, lack of sites, future proofing housing, increase in residential housing but not the infrastructure, laundries?
- Public toilets
- Shared gardening schemes – community garden – ideal for intergenerational activities. Also intergenerational events in school
- More GP's
- More public spaces for young people to be, more organised activities

Key Areas for Tweeddale

- **Affordable and Appropriate Housing** (e.g. young and older generations; housing adaptations that reflect care needs & pathways)
- **Local infrastructure that encourages active lifestyles** (e.g. walking & cycling pathways, community gardens etc.)
- **Use of digital technology**

Summary/Area of Discussion:

Public Health priorities (Tobacco, Alcohol and Drug Misuse; Obesity and Physical Exercise; Mental Health)

Post-it Notes:

- Increase screening to cover many other issues
- Teen mental health, Young People more involved in development of services that are for them
- Better resilience to life, better awareness of mood
- Mental Health – feeling of inadequacy and social media is a problem
- Better and continuing education on alcohol, drugs and smoking – positive role models? Correct info passed on by parents and schools, attitude to alcohol, pricing of alcohol
- More celebrations without alcohol – peer pressure and marketing
- Travelling people – recognise the signs of mental health?
- Acting on the evidence
- Shops selling cheap food
- Substance misuse, smoking in younger adults, alcohol, obesity – type 2, physical activity, mental health, reducing inequalities
- “It’s not my responsibility” attitude
- Life skills needed in school
- Parental support
- Obesity – cooking lessons in school – not enough Home Economics teachers
- People need to tolerate young people playing about a bit in sport and activities to get them involved
- Parents need to support good behaviours
- Young people make own choices about food and exercise – engage to get the right facilities, don’t always make the right choices
- 30mins a day exercise for young and old is not happening, more PE lessons in school
- School food – not enough health options, vegetarian or vegan options? Good at primary but an issue at High School
- Newlands offers after school activities – well attended

“Priority” & “Solutions/Actions” Post-its:

- Reduce inequalities
- Exercise - Walking football or other activities, multi-use paths, public transport allowing bikes, keep middle teenage years active, good role models, stop barriers all young people should be able to play any sport or do any physical activity
- Mental Health – adolescent, create hope rather than despair, considered in all areas – housing, leisure, education etc, happiness measures and recognition aware of moods and sensitive to ups and downs
- Range of activities (physical) bums and tums
- Health education – food – embed health into everyone’s life, make it cool for young people to cook, life skills in school such as Home economics
- Young people – places to meet, need more teachers for Home Economics. Teach life skills, cooking and intergenerational working - funding
- Encourage interactions between young and old people

Key Areas for Tweeddale

- **Education (leading healthy and active lifestyles)**
- **Mental Health**
- **Physical Exercise**
- **Local intergenerational projects/opportunities**

Summary/Area of Discussion:

Public, Community & Voluntary Sector

Post-it Notes:

- Review Live Borders – what should it be delivering and good value? Increase in management fees 80%?
- Delivery and performance of SB Cares
- Money – focus on statutory service delivery – disconnect between fiscal targets and statutory requirements – Funding
- Understanding and mapping of what support is being offered – staff and services can then signpost
- Voluntary sector needs support – making referrals into the community services?
- Community and Voluntary groups make a big contribution
- Community owned energy provider in the Scottish Borders
- Communication as issue to let people know Borders wide about is available health wise – not everyone had access to computers
- Lack of information about local versions of services – local surgeries
- Opportunities to disseminate information e.g. energy efficiency at flu clinics

“Priority” & “Solutions/Actions” Post-its:

- Encourage communities to check on one another
- Community to be responsible for their community, support communities when housing estates considered. Better use of community empowerment
- Devolve budgets for local decisions on services
- Scheme for family to cook extra portion of meal and take to older person

Key Areas for Tweeddale

- **Communication, especially of local information (what is available, signposting etc.)**
- **Understanding the role of and maximising the support to the Community & Voluntary Sector**