

Discussion Output: Our Health, Care and Wellbeing Theme (19th June 2018)

Summary/Area of Discussion:

Staffing and accessibility of health services

Post –it Notes:

- SFRS – reintroduction of the Out of Hospital Cardiac Arrest Scheme
- Emergency GP system is good – saves A & E.
- Awareness about issues that don't have to be dealt with at A & E would save NHS
- Not enough time with GPs appointment system – issue for older people in particular
- Challenge – being able to access GPs – can wait a long time to see your own GP, need to call first thing in the morning,
- Trial Skype appointments for follow up – (save journeys and consultation time)
- Uncertain about what is confidential information when talking to GP
- Craw wood should be redeveloped and used by the NHS – services not communicating with each other over use
- Patients discharged too quickly from hospital, and then are re-admitted. One more day might make a difference – conveyer belt
- People are living longer – care packages and home are camouflaging level of need
- Waiting lists in hospitals, GP appointments
- Lack of knowledge on how to get help
- Are there enough care homes
- Getting people into care homes can be difficult, care is excellent once they are in.
- Waiting times for mental health services in all aspects too long
- Challenge - to access specialist health treatment
- Challenge - partnership between services isn't always effective , they don't always talk to each other or use the same system
- Why are blood banks not allowed to take blood
- Health and wellbeing stats should include dental decay stats for Secondary School pupils.

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

- Improve support and resources provided for drug issues, existing services, need refreshed.
- Use local pharmacists more to save clogging up health centres; different scenarios some people don't like sharing information.

Key Areas for Teviot and Liddesdale

- **Waiting times to access key health services**
- **Improved understanding of help / treatment offered by health services**
- **Partnership work**

Summary/Area of Discussion:

Transport & Isolation

Post-it Notes :

- Public transport to BGH rare and costly.
- People weren't using the small bus scheme transporting people to BGH
- Carers travelling from St Andrews
- Wellbeing of Newcastleton children at risk – re lack of transport to High School in Langholm
- Geographical focus
- Cross-Border cooperation re access to hospital in an emergency – need more! Improve”!
- Challenge – isolation amongst the farming community
- Challenge – People moving to the Borders may struggle to integrate, especially when there are language barriers.
- Challenge – There is a lot of lonely older people in our communities – quality of life can be poor
- Challenge – People who don't feel part of the community can impact on their well-being
- Challenge – how to make sure older people still feel nurtured and cared for.

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

Key Areas for Teviot & Liddesdale

- **Rural isolation**
- **Feeling connected and included**
- **Accessibility of public transport**

**Summary/Area of Discussion:
Mental Health and Well-being**

Post-it Notes :

- Mental health – more specialist support needed
- Young people bottle up mental health issues
- Toot Toot system good for reporting issues to guidance teacher.
- Pressure put on young people to be the same as everyone else.
- Inconsistencies in PsD??? Classes
- Young people should have access to adults (at school) of the same sex to discuss health issues
- No natural progression in health, sex and wellbeing classes – quality depends on teacher.
- S4 – S6 more likely to suffer stress about exams and getting a job.
- Challenge – need to raise awareness about confidentiality and what is told to a counsellor won't be passed on
- Early prevention for mental health issues identified
- Lack of common education in mental health in schools.
- Personal social development stops after S3 in High Schools

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

Key Areas for Teviot & Liddesdale

- **Consistency and progression of health and well-being education for young people**
- **Specialist support for mental health and well-being provision**

Summary/Area of Discussion:

Leisure Facilities / Community activity

Post-it Notes :

- When, where and cost can make activities inaccessible to children and young people
- Digital skills training – specifically for elderly.
- Lack of activities in Hawick for children and young people
- Challenge organisations such as SBC and NHS to provide better services to children and young people
- Provide free dance classes for all
- Wilton Lodge Park is a huge opportunity to increase exercise
- Vibrant town centres, with healthy eating places would encourage people to get involved in activities.
- Cookery courses for all
- Outside school physical activities all funded/run by community/third sector. Why isn't there better funding to support this?
- Children are not being given a wide enough curriculum – lost domestic science within schools – brings in chefs.
- Interaction between young people and older adults e.g. nursery children visiting care homes
- Staggered lunchbreaks at school to encourage use of canteen
- Negative impact on health and wellbeing if recreation areas are not maintained so that people can actually use them
- Young people physical activity availability for those in poverty
- First aid (free) training for those of older age so they can help in the future
- Play areas in smaller areas need renovated – not just larger areas
- Encourage extra -curricular activities for all
- Negative impact on health and wellbeing if recreation areas are not maintained so that people can actually use them.

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

Key Areas for Teviot & Liddesdale

- **Capacity to increase activities and uptake and improve facilities**

Summary/Area of Discussion:

Education / Lifestyle Choices

Post –it Notes:

- Holistic approach needs to be taken re health education e.g. whole facility not just children and young people learn about healthy eating
- Need to invest more in children and young people (as we do with older people)
- Badly behaved children and young people get rewarded – trips. Well behaved children and young people get nothing. Treats should be for well-behaved children and young people.
- 10-15% of pupils are badly behaved – school shouldn't
- Throwaway society – pizzas, takeaways, we need to teach children values
- Civic pride – we need to teach children values
- We need to publicise what's available for people to live healthier lives
Healthy education in school was helpful (not everyone took things on board) Drunk and disorderly teenagers less because of these classes
- Regulate scratch card purchases – one per customer

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

- Opportunities – neighbours and local communities do help look after each other

Key Areas for Teviot & Liddesdale

- **Individuals can make informed choices**

