



Spring 2010

NAIDHEACHD AIR CÙRAM COIMHEARSNACHD

Annas an EILEIN SGITHEANACH agus LOCH AILLSE

Special Interest Articles:

- NHS Health Services Workshop
- Lunch Clubs Food Subsidies
- Well North

If you have ideas for articles in future issues please contact
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jtowers@hccf.org.uk

Are you one of the people affected by someone else's drinking?

Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking.

Regular meetings in Portree (ARMS Centre) and Kyle (Church of Scotland Hall).

Details from Lesley on 01478 640747

News of Community Care in Skye and Lochalsh

Welcome

Welcome to the Spring 2010 Community Care Forum Newsletter.

The newsletter is for those of us who use care and health services locally, and who care for our families and neighbours. We hope it will continue to be a useful source of information and trigger debate around issues affecting our well-being and happiness.

The big talking point so far this year



have been the consultation by the NHS CHP on the way ahead for health services on Skye and Lochalsh and a synopsis of this event is provided below. We give you the latest news on this and other health and social care issues in this newsletter.

NHS Health Services Workshop, Broadford, 12 February

The NHS public engagement exercise about future services in Skye and Lochalsh continued with a workshop held for an invited audience in Broadford on the 12th February.

A clear statement from the workshop was that cuts in services have to be made - discussion was more about what can be cut and what can't be cut. Or what must we keep, what can we let go, and what could be done differently? Repeating themes were "culture change", patient transport, and the opportunities presented by the technologies of telecare and telehealth.

A new hospital is not an option for many years so the two hospitals in Portree and Broadford have to work together with maximum efficiency. It was suggested that the out of hours system works pretty well as it is, and that no GPs would work to the old "on-call" system anymore. There will be four new dental surgeries in Portree by March 2011 - but recruitment may be a problem.

The NHS acknowledged the need to communicate better with the public, and better anticipatory care is needed - basically identify those at risk earlier. It was accepted that there is a need to focus on community based care, and that to do this there needs to be closer working between health and social care - and the voluntary sector must be fully involved. It has been shown that people generally do want to stay at home as long as possible.

HCCF gave a presentation on the first stage of the public engagement exercise. HCCF said that generally people expressed praise for current services but also stressed the need to safeguard against future withdrawal of services or support. To see a copy of the Stage 1 report contact Jim Towers on 07918 747754, email jtowers@hccf.org.uk, or download from the HCCF website www.hccf.org.uk or the SLCVO website www.slcvo.org.uk.



SLCCF event for Older People

Late April or early May. Venue hopefully in the north end of Skye. Lots of Activities.

Details to follow.

Lunch Club News

The Community Care Forum recently hosted a working lunch for lunchclub organisers. There was some very concerned discussion about threatened cuts to the lunchclub food subsidy amidst worries that the subsidy would be completely withdrawn from April this year. It seems now that there will indeed be cuts but not right across the board as originally feared. The Highland Council has said that "as part of the review of day and community services towards the development of a spectrum of local solutions, we intend to take an equitable approach to support for lunch clubs and

other local community-based services" - We have been assured by Highland Council that a review of services will take place before any changes are made.

The organisers meeting also discussed the possibilities for an activities event in the late spring - late April or early May. We thought it would be a good idea to try and find a suitable location in the north end of Skye just for a change. We will get details out to all lunchclubs as soon as possible.

If you want to know more, please contact Jim Towers, tel 07918 747 754, email jtowers@hccf.org.uk.

Well North

The Well North Project aims to help people to stay as fit and as well as possible to enable them to enjoy life to the full. The 2 year project is funded by The Scottish Government, and it aims to use an anticipatory care approach to reduce health inequalities in remote and rural communities - in other words it will look at ways to promote healthier lifestyles, and ways to prevent ill health by helping people look at their own lives and see what they can do themselves to prevent major health problems in the future. The project will help people access activities and projects that can help them once they decide that they want to make positive changes to their lifestyle.

taking place in these areas. Local residents are being asked how they access and prepare their food, and how physically active they and their families are, or could be. The project will try to establish what people already do, whether they are happy with what is available to them, and look to strengthen and support what is already taking place.

"Keeping well is not just about adding years to life but adding life to years" says Sarah Bowyer, Well North project Leader. "This is not a prescriptive way of telling a community how to live but working with a community to strengthen positive lifestyle habits and increase opportunities for more to develop".

The pilot project is being run with the help of the medical practices in Broadford, Kyle, Sleat and Glenelg. A community consultation is currently

If you would like to get involved, or you would like further information, please contact Sarah Bowyer at Kyle Health Centre, tel 01599 530945.



Disability Audits for Countryside Paths

Donald Kennedy, the Highland Council Access Officer, with help from the Ranger Service and the Way Forward Scooter Group, is carrying out a disability audit of Countryside Paths in Skye and Lochalsh. The Access Panel is also involved.

The audits will identify paths that are suitable for use by disability scooters and wheelchairs, and will detail the maintenance work required to bring them up to the required standard. It is hoped that eventually a series of leaflets could be produced informing local people and visitors about these accessible paths in the countryside.

If you want to know more about this work please contact Donald on 01471 820392 or email

Donald.kennedy@highland.gov.uk.

If you want to know more about the Way Forward Group, and the Scooter sub-group, please contact Lyn Lawley on 01470 521243 or email

niklyn518@btinternet.com.

If you want to know more about the work of the Access Panel please contact Joan Turkington on 01470 572385 or email turkington.tirnanog11@btinternet.com.

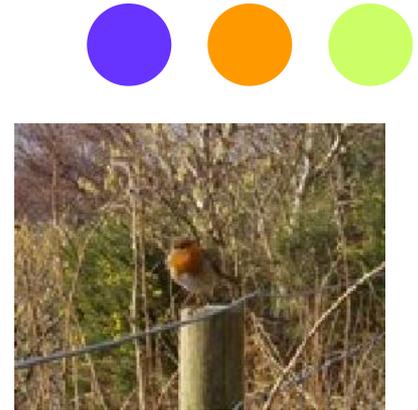


ALZHEIMER SCOTLAND MINI ROADSHOW EVENTS, APRIL 2010

Alzheimer Scotland, Skye and Lochalsh Services, are holding mini roadshow style events throughout Skye, Lochalsh and Wester Ross this April. They are basically information/open days where members of the public can come and speak to a member of staff about the services we offer and collect information materials.

The dates and locations are as follows (all events from 11am to 3pm):
Tues 13th April 10, Columba 1400 Centre, Staffin
Wed 14th April 10, Howard Doris Centre, Lochcarron
Thurs 15th April 10, Aros, Portree
Fri 16th April 10, Glenelg Hall, Glenelg

For further information please contact us at the service office on 01478 613450 or Skyeservices@alzscot.org



Joe Taylor's London Marathon Run in aid of Alzheimer Scotland, Highland Region



Joe Taylor, a recently retired Community Psychiatric Nurse in the NHS, will be running the London Marathon on Sunday 25th April 2010 to raise funds for Alzheimer Scotland in the Highland Region.

This is the second year Joe has run the marathon. Last year he raised the fantastic sum of £4317.26 and this year he hopes to beat that total.

If anyone is interested in helping

Alzheimer Scotland raise funds through sponsorship for this event they can contact the service manager, Kevin Lawley at Skye & Lochalsh Services, at Taigh an Oisein, Bridge Road, Portree, Isle of Skye, IV51 9ER or on 01478 613450 or by email Skyeservices@alzscot.org

All funds raised in Skye & Lochalsh stay in the area to help support people with dementia and their carers.

Help with fuel bills

Ten thousand more families are to get help to save around £900 a year on fuel bills through the Scottish Government's Energy Assistance Package. Central heating systems, home insulation, thermostats and green energy devices will be on offer to low-income families with children under 16. Families who receive a wide range of benefits including child tax credit, income support and housing benefit will be eligible.

The Fuel Poverty Forum - set up by the Scottish Government to look at ways to tackle fuel poverty - has also been asked by Ministers to investigate extending eligibility to chronically ill and cancer patients in Scotland.

The scheme's national free phone helpline number - **0800 512 012** - provides instant energy savings advice to everyone who calls, as well as help to switch to cheaper tariffs and get all the benefits households are entitled to.

Households who had heating and insulation devices installed by the scheme last year saved on average 860 pounds on fuel bills. Households who moved to cheaper tariffs and payment methods saved on average nearly 300 pounds a year.

for more information phone **0800 512 012** or go to

<http://www.energysavingtrust.org.uk/scotland/Scotland-Welcome-page/At-Home/Energy-Assistance-Package/Programme-Statistics>.



Switchover to digital
TV for Skye and
Lochalsh happens in
July this year (parts of
South Skye in October).

If you are eligible for
the help scheme you
should have been
contacted already.
For information phone
0800 4085900.

For switchover help
and advice phone
helpline 08456 505050
or phone the SLCVO
01478 602921
Or visit
www.digitaluk.co.uk

We're on the Web!

See us at:

<http://www.hccf.org.uk>

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Distance Befriending Goes from Strength to Strength

Befrienders Highlands' Distance Befriending Project has secured 5 year funding from the Big Lottery to continue and expand the service. Distance Befriending provides a 1-1 supported befriending service for people who have experienced mental ill health right across the Highland Council Region. The service is free and provides regular and reliable social contact for people whose mental ill health causes loneliness and isolation. The value of these friendships is proven to improve confidence, social skills and feelings of belonging and is offered by telephone, letter or email through our trained volunteers.



Sally Mackintosh is the new full time Distance co-ordinator working alongside Senior Co-ordinator Yvonne Reid.

For more information about volunteering or referring either yourself or someone else for a service and details of all of our activities can be found on the website www.befriendershighland.org.uk or call Sally on 01463 235675 or email sallymackintosh@befriendershighland.org.uk



Ready to quit smoking? Thinking about quitting? Need to try again? Smokers in Skye and Lochalsh have access to help and support from the NHS smoking cessation service. You're up to four times more likely to succeed if you use NHS help.

For more information about the help on offer contact the smoking cessation service on 01478 613 200 ext 2184 or 07920 587 979.

Or try the NHS Free Smoking helpline 0800 022 4 332. Chat to an advisor online. See <http://smokefree.nhs.uk/> for more information.

About HCCF

My name is Jim Towers and I am the Local Worker for the Highland Community Care Forum in Skye and Lochalsh. I work alongside the Skye and Lochalsh Community Care Forum to be a voice for people who use community care services and for people who are unpaid carers. We believe that community care is about choice in the support and services that service users and unpaid carers require, about helping you to live at home as long as

possible, about providing services tailored to your needs, and about providing support if you are looking after family, friends or neighbours. We believe these aims can only be achieved if agencies that plan and provide services listen to what you, carers and users of care, say is needed. We are here to help make this happen so please, if there are any local community care issues or questions you have, do contact me on

Tel **07918 747 754** or email
jtowers@hccf.org.uk

Or drop me a line c/o HCCF,
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