



Highland Senior Citizens Network

Nothing about us without us



August and September 2024

Chair's Introduction

I recently came across an article written for those working in Primary Care about falls in older people. It is all too easy to assume that the falls we older folk experience are simply down to increasing frailty. The article entitled '**A toe-to-head approach to reducing the risk of falls in older adults,**' systematically goes through all the risks a clinician needs to check for when assessing falls. It is evident that there is no part of the body that, when malfunctioning, cannot contribute to the risk of a fall, quite literally from the tip of our toes to the top of our heads.

There are 4Ms to be checked out. Mobility, Mental Activity, Medications and What Matters. In the latter grouping of 'What Matters' the risks are many. Surprisingly there is now emerging evidence that dental health may be an independent predictor of falls risk.

The authors conclude that the 'Toe-to-Head' approach offers a summary for incorporating evidenced based fall risk assessment into an efficient examination in an easy to remember way.

Falls cost our Health and Social Care Services serious money and more importantly can have lifelong adverse impact on individuals and their families. Checking for risk factors can have huge cost saving benefits. **Ian McNamara**

Staying in touch with Highland Senior Citizens Network

Phone or email our co-ordinators:

Anne McDonald 07933 653313 anne-hscn@outlook.com

Jo Cowan 07933 653585 jo-hscn@outlook.com

call the HSCN phone 07716 884 989 e-mail on hscn@hotmail.co.uk

write to Box 301, Mailboxes, 8 Church Street, Inverness IV1 1EA

visit our website www.hscn.co.uk follow us on Twitter & Facebook

Survey Results:

Your Voices, Your Choices – HSCN 2024 and beyond

Nearly a quarter of our members responded to the survey earlier this year, with very similar numbers using the returning paper surveys as used SurveyMonkey. Great to hear where we are getting it right for you:

- *Thank you to co-ordinators & trustees for their work, I greatly admire your energy & enthusiasm*
- *Love receiving my news-sheet which provides the information and contact links I require at present*
- *In my situation you already serve very well – just **knowing who to contact** if need arises.*

*It is vital you are here to **represent our interest** as an age group. There are many of us who do not think of ourselves as, or necessarily behave like, "old people" but the presence of the network is valuable, especially in relation to issues arising from technology e.g. online scams.*

1. Annual Conference

96% wanted HSCN to continue to hold a conference. More people (58%) wanted an annual conference every two years. The most popular months were April, May and Summer. There was a suggestion that it could be online too. 52% were unlikely to attend a conference or gathering due to:

- No transport / don't drive: 15 (*taxis expensive, nervous driver, bus times inconvenient and not reliable, could a minibus be arranged?*)
- Health / mobility: 10 (*general debility due to old age, sight is going*)
- *Feel 'out of place' at these events. Would love to be there but can no longer sit through long sessions. I don't do well in big groups. I have nothing of significance to contribute.*

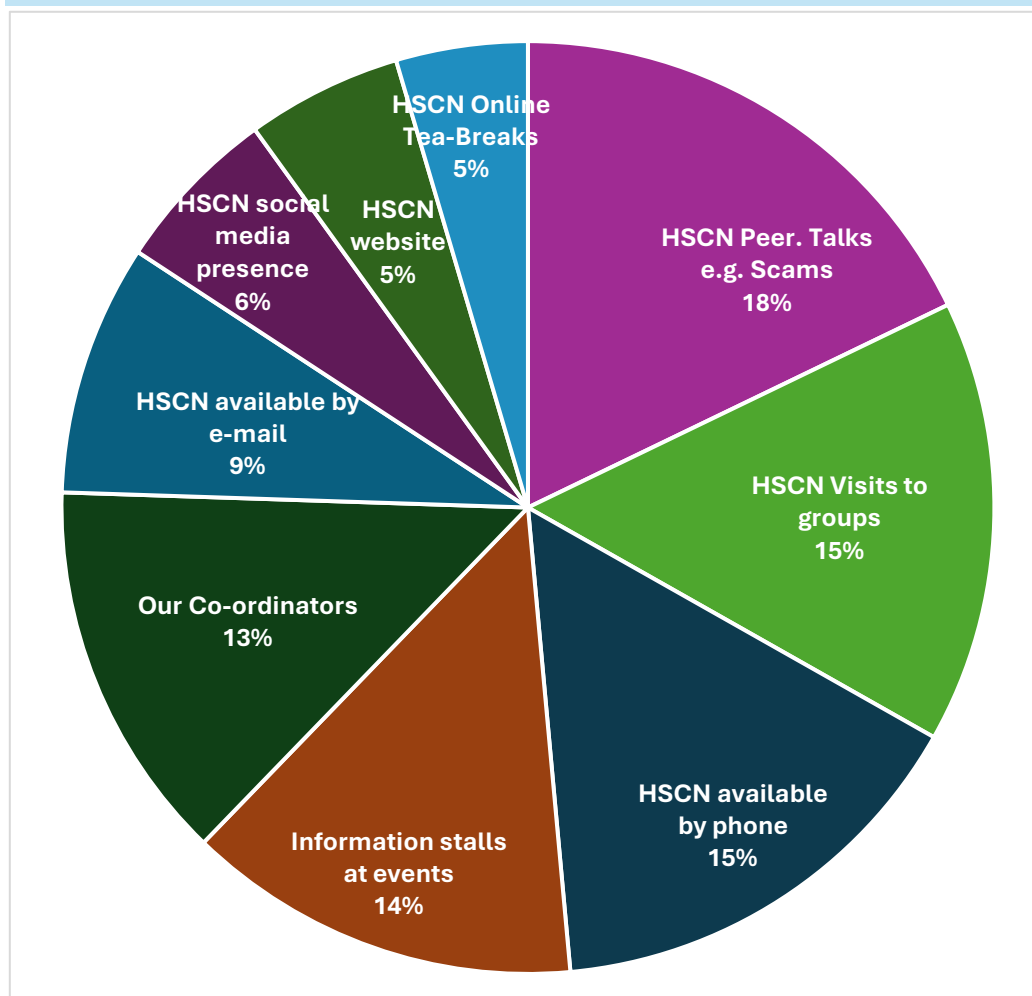
2. Highland Senior Citizens Network News-sheets

87% of respondents felt the HSCN News-sheets are important; "I love them". Most (54%) wanted to receive them every two months. *I think the strength of HSCN lies in **distributing information** to people and groups. The newsheets are particularly important for those of us who do not use internet etc. Information about support locally and services available is of special value.*

3. HSCN Area/Local Get-Togethers bringing older people and organisations together

Most (61%) respondents felt it was important that HSCN continues to hold in-person meetings in local areas. 75% were interested in opportunities for online events. Reasons given for not wanting online included: *on-line contact doesn't have the same impact as in-person meetings, although I can see benefit, I don't have any interest & lack time for IT & digital activities at present but I know they are important to many members & should continue if possible. Get classes in all areas to improve older people's computer skills.*

4. Other Connections with HSCN Members



The pie chart shows the percentage of respondents who felt this was an important way for them to connect with HSCN.

Info: News-

sheets available in libraries & other places i.e. community centres, GP surgeries. Occasionally news-sheets arrive and some dates have passed. Could members be e-mailed about events inbetween news-sheets?

Promotion I think you do very well but it seems awareness of the existence of HSCN is not as widespread as your present efforts deserve!? Use local radio links. Poster in Eastgate Centre. Hire or borrow HSCN shop window near town centre or rail station. Through day centres and churches.

Local events: Informal coffee meetings/lunch/ afternoon tea (any one of these). Maybe 2 events each year changing in location. More connections with local hubs. In-person Get-togethers for an hour or so within local areas. HSCN to visit day centres in rural areas. It would be nice to decentralize a bit.

Next steps:

HSCN trustees and co-ordinators have been looking at the survey recommendations and taking account of them in planning future activities. This year's conference will be a shorter event than in the past, and we will try and get out to local areas to meet with you. The news-sheets have been changed to two monthly to give us more time to be out and about.

HSCN AGM and Gathering 2024 - 'Opportunities for Connections'

Taking on board feedback from our recent survey this year's AGM will be part of a shorter gathering, rather than our normal day long conference. We will be taking the opportunity to hear from some of our partners who have joined us at the weekly on-line Tea-breaks, hearing from them in person about how our members can be supported to be better connected – locally, nationally, digitally, creatively and more....Come along and let us know about the connections that work best for you and how you would like HSCN to support your future connections.



Highland Senior Citizens Network

'Nothing about us without us'

HSCN AGM and Gathering 2024

'Opportunities for Connections'

Thursday 12th September, 12 noon till 2.30pm

Inshes Church of Scotland,

(Inshes Retail Park, Sir Walter Scott Drive, Inverness IV2 3TW)

Lunch will be available – let us know if you have any dietary requirements

Draft Agenda

11.30am	Registration, tea and coffee
12 noon	AGM
12.15	Current connections – hearing from our partners
1pm	Lunch
1.45pm	Future connections – Round Table discussion
2.30pm	Finish

Let us know by the 6th September if you are planning to attend.

Phone on 07716 884 989 or email hscn@hotmail.co.uk

What's been happening – June and July 2024...

Highland Pride 2024 Parade

Anne, Jo, HSCN members and friends and our beautiful, crocheted HSCN logo owl took part in the Highland Pride 2024 Parade on the 22nd June '24. Marching in partnership with Age Scotland, we made some new friends, sharing information about HSCN with people who had not heard of the organisation before, and enjoyed ice-creams together after!



Café to Connect

In partnership with Alzheimer Scotland and Badenoch Shinty Memories, Café to Connect met in St Bride's Church Hall, Newtonmore on 2nd June. The informal café setting makes it a comfortable place of connection for people living with dementia, for carers and for people living alone. It's also an opportunity for gentle connection with local support services and activities. Oh, and cake....lots of cake!



NHS Past, Present and Future Ceilidh

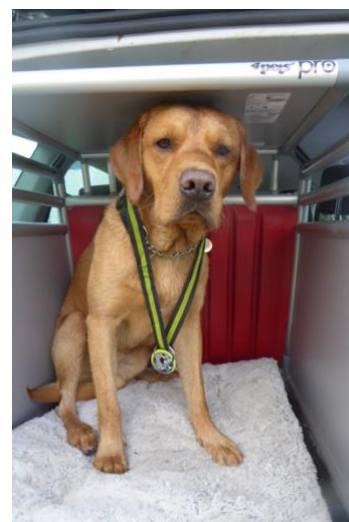
Highland Creative Academy, 5th June – The University of the Highlands and Islands shared the findings of their NHS Past, Present and Future research project. Artist facilitators produced pieces of art based on all they had heard and seen at the various consultation events over the last 6 months:



Coming up – Dates for your diary

Where possible in any information we share we try to include a phone number so that members who are not online can find out more if they want. Where there is no phone contact, and you would like more information, please contact Anne or Jo and we will do our best to find out for you.

Great Wilderness Challenge: A small but dedicated team of HSCN walkers will be taking part in this year's Great Wilderness Challenge on Saturday 17th August. This is one of our most successful fundraising activities of the year, with the Great Wilderness Challenge topping up any funds that we raise ourselves through sponsorship. If you would like to sponsor our intrepid team, please get in touch.



A selection of 2023 HSCN participants, before, during and after the walk.

HSCN Tea-breaks Our weekly 11am Thursday morning Zoom meetings start back up after a summer break on the 15th August. We have been delighted to be joined by some new faces over the last few months. Let Anne know if you would like to join weekly or for a specific topic – anne-hscn@outlook.com

15 th August	Glaucoma UK
22 nd August	Alzheimer Scotland
29 th August	Just a Tea-break
5 th September	Adult Learning, Highlife Highland

22nd August: Hayley Lyons – Dementia Advisor for Alzheimer Scotland, Ross & Cromarty and Sutherland
01349 808653 or 07554 408479

Dementia Advisors can support you if you are;

- worried about your brain health
- worried that you or someone close to you may have dementia
- a person with dementia
- caring for someone with dementia



Alzheimer Scotland's team of highly skilled Dementia Advisors are here for you. We offer one off support or continued support based on the need of the individual, this can be in person, online or over the phone. We also offer community groups such as Dementia Cafes and carer support groups in person and online.

The 24hr Freephone Dementia Helpline is open 365 days a year, providing information, signposting, or simply a listening ear, whether you are living with dementia or know somebody who is. Call 0808 808 3000 or email helpline@alzscot.org

5th September: Kirsty Maciver, Adult Learning Co-ordinator Mid Ross, High Life Highland talking about support with digital skills.

Helping adults improve their computer literacy skills is the focus of High Life Highland's Learning for Life team in Alness and Dingwall. Digital skills courses at Dingwall and Alness Libraries offer participants a social and supportive space where they can learn more about the digital world and develop their IT skills.

High Life Highland's Learning for Life Manager, Roisin Irvine explained: *"From online banking and shopping to making a GP's appointment or a job application, everything is done online nowadays but for some people this is not easy. We want to help people become more confident in using a computer, smartphone or tablet so they can carry out all these day to day tasks with ease. The digital skills sessions are suitable for adults of all ages and they run all year round, which gives people a real chance to progress and feel positive about their online interactions."* The courses can help participants with basic computer skills, video calls and keeping safe online as well as individual problems people might be having with their own devices.

Kirsty Maciver, Adult Learning for Life Co-ordinator for Mid Ross said: *"Following a Learning for Life needs analysis of the local area, digital skills is a common theme for all, whether it be school leavers, adults of working age looking to upskill or retired people who want to be more confident with new technology and to stay in touch with family and friends. We can also help with staying safe online as well as referrals to local IT charities that can further support our clients."*

Dawn Mackay wanted to update her CV and learn about formatting and uploading documents. She said: *"Coming along to digital skills at Dingwall library has helped my confidence, I'm not so scared to use the internet now and I can use various apps. When you don't use technology every day it's good to have a place to practise and ask questions. I feel comfortable and at ease in the sessions and enjoy the friendly atmosphere."*

For Sandy Snell, who is retired, he was prompted to get involved in the digital skills sessions when he was unable to organise a repeat prescription and realising he needed to know how to use email to communicate with his son in

Cairo: *"I can now use email confidently instead of staring blankly at a screen and not knowing how to reply – ignorance is soul destroying!"* he said.

"Technology has moved on so much in the past 20 years and seems so much more complicated. It's good to have a space to make sense of it with patient tutors. I am also becoming more confident with keyboard skills and each time I come along there's something new that I pick up."

Digital Skills takes place at Alness Library on Wednesdays from 2-3pm and Dingwall Library on Thursdays 12:30 – 2:30. For more information contact Kirsty Maciver kirsty.maciver@highlifehighland.com / 07585984097

Out Together, free monthly meet-up events for Lesbian, Gay, Bisexual, Trans and Gender Diverse, and Intersex elders and allies take place at Eden Court Theatre, Inverness, on the third Sunday of the month, from 2pm till 4pm. Join us every month for this informal social to meet, chat and create with others.

At our monthly socials there will be refreshments, music, lots of folk to chat to, and a chance to meet new people and connect with the LGBTI+ communities. We will introduce creative tasks each month which you can take part in if you fancy, but you are welcome to sit and enjoy the company with a cuppa if you prefer.

Out Together is funded by the Scottish Government's Communities Mental Health & Wellbeing Fund, delivered by Highland Third Sector Interface, and will run until Sun 16 Mar 2025. For more information, or to ask us any questions about the socials, please email Andrew Simpkins (he/him) at simpkins@eden-court.co.uk





**FROM FRIDAY 26TH JULY
TO SUNDAY 11TH AUGUST**

#CareHomeOlympics2024

HIGHLAND AND ARGYLL & BUTE

ALL ADULT CARE HOMES **ACROSS
NORTH HIGHLAND AND ARGYLL &
BUTE** ARE INVITED TO PARTICIPATE

**CLOSING DATE FOR ENTRIES
FRI 19TH JULY**

FOR MORE INFORMATION AND AN
APPLICATION PACK CONTACT:

GWEN.HARRISON@SCOTTISHCARE.ORG

JULIE.HODGES@SCOTTISHCARE.ORG

CARE HOME
OLYMPICS
TOURNAMENT

2024

RESIDENTS, FAMILIES, STAFF - ARE YOU READY FOR A CHALLENGE?

Highland Disabled Ramblers

Scottish Charity Number:
SC 032233



Are you a wheelchair user or have difficulty walking?

**If so, and you can transfer to a powered scooter,
then join us on a ramble in a friendly group.
Why not come with us on a countryside ramble for up to
3 or 4 miles, within 40 miles of Inverness.**

Also

Volunteers required: Walking companions and van drivers
are most welcome, especially if fit and able to drive a hired
van and manoeuvre scooters on and off.

Training will be given.

**For more details visit our website
www.highland-disabled-ramblers.org**

or Telephone: 01667 493240

E-mail: secretary@highland-disabled-ramblers.org



Discover how technology can enhance your life



The Technology Enabled Care team is hosting a monthly drop-in event to showcase how simple technology can help vulnerable individuals stay independent, healthy and happy.

Last Thursday of every month | 10:00 AM to 12:00 PM
Inverness Library, Farraline Park, Inverness, IV1 1NH

What to expect:

- Live demonstrations
- Have your questions answered
- Learn about services and tech
- Enjoy free tea and coffee

For more information:

Visit: www.nhsh.scot/telecare

Contact: nhshighland.telecare@nhs.scot | 01478 614211



**MAKING
LIFE
BETTER**



Looking for local, flexible work opportunities? Become a Personal Assistant (PA) in social care



Become a
Personal Assistant
(PA) and help
someone to live
the life they
choose.



There are adults and children in your community that need support to live as independently as possible and to access opportunities in the community.

Looking to employ a PA under SDS Option 1? Are you an existing PA or PA Employer looking for advice and support?

Come along to our **in-person event** to learn more about recruiting PAs, how to find the right people and where to go for further information and support either as an employer or a PA.

Come and meet organisations supporting PAs and PA employers

Drop in for a chat and coffee at our face-to-face event in Wick.

'Promoting PA Employment Opportunities Locally'



Thursday 10 October 2024
10.30am – 2.30pm

Pulteney Centre
Huddart Street, Wick, KW1 5BA



For more information contact:

Amy Scobbie

Tel: 07812 468704

E-mail: amy.scobbie@nhs.scot



Highland Senior Citizens Network
Nothing about us without us



personal assistants
network scotland



SDS Scotland. Charity No: SC039587
Company Registered in Scotland: SC371469
Norton Park, 57 Albion Road, Edinburgh, EH7 5QY

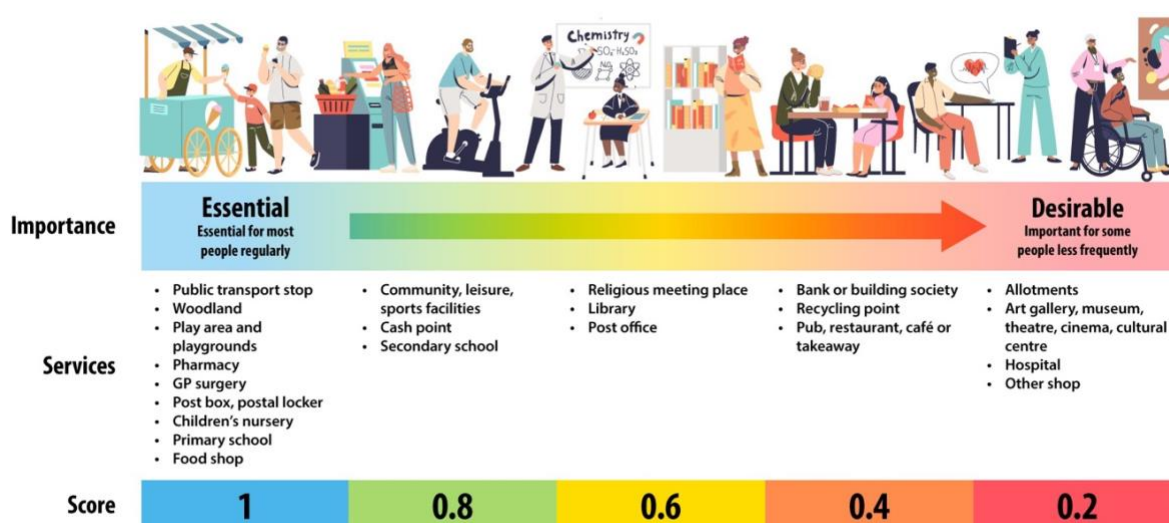
Opportunities to get involved / have a say

LOCAL LIVING IN HIGHLAND CONSULTATION

What is Local Living? The 'local living' concept is promoted by the Scottish Government. The concept aims to provide people with the opportunity to meet the majority of their daily needs within a reasonable distance of their home.

What is the Local Living Tool? To shape our approach in Highland the Development Plans Team has developed a tool which helps assess how well Highland places meet the principles of local living. The tool plots the location of a variety of services for example shops, greenspace, leisure and learning and the accessibility to these services within a 10 minute walking distance. Using geographic information systems (GIS) mapping, Highland was split up into hundreds of small hexagonal 'cells' within which services within a 10 minute walk were counted. The scores for each service were then calculated to give an overall 'weighted' score for each cell. The number in each cell indicates how well that part of a settlement scores in terms of local living.

What is the consultation about? We recognise that communities and businesses have an important role to play in informing local living. At this stage we are not seeking views on the results of the Local Living Tool - we are simply seeking views on its methodology and accuracy. We want to know what people think about it in terms of the services included, the level of importance given to each service, accuracy and what approaches we could take to rural areas. A graphic that is included in the consultation document that shows the services included and scoring given is shown below:



Responses will help us finalise our local living tool for publication. The tool will then form an important part of the evidence base for our new Highland

Local Development Plan (HLDP). It will help us prepare a settlement hierarchy for Highland, consider which areas may be suitable for new development, and the kinds of services and infrastructure needed to support them. It can also help inform the appropriateness of new development proposals and may be used by other Council services to inform future infrastructure investment decisions.

How can the consultation be accessed? It can be accessed through www.highland.gov.uk/localliving and a QR code has also been created.



When does the consultation close? The consultation closes on 16 August 2024.

Is this consultation related to the Place Standard

Consultation? Yes - this consultation is being run alongside our [Highland Place Standard Survey consultation](#), which has been ongoing since 20 March 2024. The Place Standard survey is gathering feedback on people's lived experiences of Highland and what makes for a good place to live, work, play and visit. The Place Standard and Local Living consultations are complementary to each other – the outputs of both consultations will help to inform the evidence base for our new HLDP.

Questions to the Council's Development Plans Team on hldp@highland.gov.uk or by phone through the Service Centre on 01349 886608.

**Scottish Government
Consultations:**



National Care Service Bill Following the Scottish Government's draft amendments to the National Care Service (Scotland) Bill (Stage 2), the Health, Social Care and Sport Committee has now issued a further call for written evidence with a deadline of 30 August for responses. This Bill would allow Scottish Ministers to transfer social care responsibility from local authorities to a new, national service. This could include adult and children's services, as well as areas such as justice social work. Scottish Ministers will also be able to transfer healthcare functions from the NHS to the National Care Service.

Independent Review of the Adult Disability Payment. To inform her recommendations and ensure that the Adult Disability Payment meets the needs of disabled people, the Chair of the Independent Review of the Adult Disability Payment has announced a call for evidence with a deadline of 23rd

August. There are two elements to this consultation, one which is seeking views from organisations and one which is seeking views from individuals.

Assisted Dying Bill. The Health, Social Care and Sport Committee's call for views on the Assisted Dying for Terminally Ill Adults (Scotland) Bill closes on 16 August. This Bill would allow terminally ill adults in Scotland, who are eligible, to lawfully request, and be provided with, assistance by health professionals to end their own life.

Age Scotland have a snap survey for groups and organisations to respond to - Assisted Dying for Terminally Ill Adults Survey (surveymonkey.com) as part of their series of engagement activities with older people to identify their views. Age Scotland know this issue is sensitive and older people do not have a singular or straightforward view. They intend to take a neutral position on this proposal but want to ensure that Members of the Scottish Parliament have as much information from older people as possible as they scrutinise it. There are paper versions of the survey available. Contact Jo or Anne if you would like more information. **All responses to this survey will be treated in confidence and anonymised in analysis.**

Funding for remembrance events as part of this year's *To Absent Friends* festival (1-7 November 2024.) Two types of small grants of up to £300 are available:

Community grants: These are for organisations and communities who want to plan private remembrance events at which their community can come together (in person or online) to share memories, stories and solace.

Public grants: These are for organisations who want to organise an interactive public event such as a concert, exhibition or installation, freely open to members of the public.

For more information: [To Absent Friends | Small Grants](#)

Have your say: The impact of financial insecurity in rural areas

Share your experience of living with or caring for someone with advanced illness and financial insecurity, particularly in rural areas.



Over 90,000 people in the UK die in poverty. However, little attention has been paid to the lived experience of people living with advanced illness and their families who are living with financial insecurity at the end of life.

Marie Curie have funded a study to explore the lived experiences of people living with advanced illness (including the last year of life) and family carers who are experiencing financial insecurity, particularly in rural, coastal and island communities. They are looking for people to take part in a research project exploring what it is like to live with serious advanced illness when you are also struggling to make ends meet.

Researchers at the University of Glasgow are conducting one-off interviews with people with serious advanced illness/carers of people with serious advanced illness. Interviews can be done in person, by telephone or by video call. Interviews are open to adults over the age of 18, and participants will receive a £25 high street voucher for their time.

The study seeks to identify how people who are struggling to make ends meet connect with and mobilise supportive resources to support their well-being. This research also aims to provide recommendations for improving the relevance and accessibility of services and resources for people struggling financially when nearing the end of life.

To take part in this study, you must meet the follow criteria:

- Living with an advanced illness or is a carer for/has cared for someone with an advanced illness. For example, Cancer, Advanced Heart Illness, Motor Neurone Illness, Chronic Obstructive Pulmonary Illness (COPD), neurological conditions like Parkinson's Illness or Multiple Sclerosis, Dementia, or end-stage organ failure.
- Struggling to make ends meet and/or in receipt of means-tested benefits.
- Lives in a rural or island community.
- Over the age of 18 and able to give informed consent.
- Willing to discuss the project further with a researcher.

Recruitment for the first phase study will take place until **30 September 2024**. If you would like to take part or have any questions, get in touch Sam.Quinn@Glasgow.ac.uk

Do you, a friend or family member remember British Restaurants of the 1940/50s?



**We are looking to interview individuals who used
British Restaurants in Scotland
for a heritage project.**

**We will use these local stories in a touring
exhibition and as inspiration for our project that
will seek to recreate these restaurants as Public
Diners, that will feed and empower local
communities today**

**If you or someone you know would like to be involved, or
would like more information please contact Jade on
jade@nourishscotland.org.uk or 07845430722**



Useful information and support

The Herbert Protocol is a nationally recognised scheme focused on people living with dementia who may be at risk of going missing. The main aim is for the Herbert Protocol form to be completed in advance so that significant information is recorded and readily available for police in the event of someone going missing. It helps police officers quickly obtain information about a vulnerable missing person who has dementia, saving vital time in the early stages of an investigation.

The Herbert Protocol form is on the Police Scotland website [here](#). You can also watch the [Herbert Protocol video](#) on YouTube. The form can be used together with [Alzheimer Scotland Purple Alert](#), a free app designed to help finding missing people with dementia. If someone is missing, users will get notified via the app so they can help with local searches.



Do you have a loved one living with dementia and worry that they may go missing?

Help us to keep those you care for that are living with dementia safe.

The Herbert Protocol aims to help you and the police find the ones you care for safe and well. Find out more at:

scotland.police.uk/herbertprotocol



**POLICE
SCOTLAND**
Keeping people safe
POILEAS ALBA



**HEALTH AND SOCIAL CARE
SCOTLAND**



ScottishCare
Voice of the independent care sector

Alzheimer Scotland
Action on Dementia



**The Scottish
Government**
Riaghaltas na h-Alba



Help to be Digitally Connected

We are **People Know How**, we run the [Connecting Scotland Digital Support Helpline](#) in partnership with the Scottish Government and SCVO. The helpline offers **free digital support and advice** to anyone who lives in Scotland on topics such as:

- Using devices like smartphones, tablets, laptops or desktop computers
- Connecting to the internet
- Navigating the web and social media
- Completing everyday tasks online
- Connecting with the community, family and friends
- Managing finances, paying bills and saving money online



Need help with digital?
Call our Connecting
Scotland helpline:
0800 0590 690

www.peopleknowhow.org

In 2024, we want to increase awareness of this free helpline, helping more people to stay connected and access digital. We'd be delighted if you could spread the word in The Highlands sharing the number with those in your local constituency.

We also have a suite of communications resources available for you to share to spread the word including social media graphics, a digital flyer, printable poster and a press release featuring a number of case studies, all of which are attached to this email. For printed flyers, we're happy to mail a batch out to you to distribute around the community – just provide us with the address and if there's a certain amount you'd like.

Highland Council 'Worrying About Money Guide' covers information for people waiting for claims to be assessed as well as those already receiving benefits. Topics including advice on what to do if anyone finds themselves having a sudden loss of income or if their statutory sick pay does not cover their living expenses. There is also information on how to apply to the Scottish Welfare Fund, maximising income and benefit advice, debt advice and how to challenge a decision. The Worrying About Money Guide is available on the Highland Council website at: https://www.highland.gov.uk/directory_record/102970/benefit_advice

Or contact the Welfare Support Team for a copy:

- Phone 0800 090 1004
- Post - Welfare Support Team, The Highland Council, PO Box 5775, Inverness, IV1 9EN
- [Online using our secure form](#)