



Highland Senior Citizens Network

Nothing about us without us

Spring Newsletter 2019



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The Chairman's Introduction

This issue of our Newsletter contains an article entitled '2019 HSCN Get-Together Information -Top 10'. This has been put together by our two Co-ordinators and emerged when we reflected on the achievements of engaging with several hundred older people across the Highlands at the local Get-Togethers that had been organised by our Co-ordinators over the last two years.

This paper brings together, under a range of headings, the many issues raised by service users at these meetings. It provides useful contacts with a wide range of supporting organisations both in the Third and Statutory Sectors. This distillation of information confirms just how valuable the meetings have been and how welcoming local groups are when follow up revisits are arranged. This would never have been possible without the NHS Highland funding released for initiatives under Integration. Nor could we have achieved so much without the benefit of partnership working with Age Scotland, Scottish Older People's Assembly, Highland Council Tenant Participation Team and many other services and organisations.

The 'Top Ten' paper is complemented by an overview of the Get-Togethers which highlights their achievements and just how much they are valued by those who attend them.

The Get-Togethers provide a safe space for older people to be open about their experiences and share them with service providers and other organisations in a constructive and solution finding environment. They provide an opportunity for older people to share their experiences first hand, not only with their peers, but with the wide range of speakers who now value attending these meetings.

Ian McNamara

We are on Facebook

Please take the time to **"Like"** our page or **"follow"** us.



Facebook can also be accessed via our website

www.hscn.co.uk

A Celebration of Older People's Get-Togethers



It's only two years since the first Highland Older People's Get-Together...here we reflect on some of the achievements and good outcomes that have made them successful.

Great for information exchange

This role of Get-Togethers is clearly the favourite outcome, and the most frequently commented on by those attending: *"Well-presented meeting that covered relevant issues very comprehensively; good visual aids; speakers very informative and interesting."*

We have put together '**2019 HSCN Get-Together Information Top 10**' to enable those who can't attend personally to benefit from some of the contacts people have found most useful.

What is particularly appreciated is that information is provided directly, face to face, by older people and services themselves. With information increasingly being available only online, and many older people not being digitally connected, people really value accessible information. It can also be difficult to take the first step in approaching organisations, but is much easier if you have met them in person. We do a lot of signposting, and the Get-Togethers are a great way to do this: *"Well run, and surprised that so much is being done"*.

In Skye & Lochalsh and Lochaber, groups signed up to a **Senior Connections virtual network** so that we can share information with each other in-between meetings.

Local meets regional and national

Many of our events have been held in partnership with Age Scotland, and people really value the national perspective this brings. The Scottish Older People's Assembly also co-hosted two events, in Nairn and Dingwall, to gather views of local older people. We're currently working in partnership with Highland Council Tenant Participation Team, and often join forces with other local and regional organisations to add value to Get-Togethers.

Getting people together

It's in the name really! **Get-Togethers enable older people to connect.** In the last year, we have had an increasing number of enquiries from older people wanting to get out and make contact with others. Earlier this week, we had a call from a man in his 90s looking for information about activities he can do because, "I need to get up out of my chair". He is lonely; worried that his son is unwell; the club he attended has stopped; and he would like to feel useful. The Get-Together is an ideal way for him to meet others and to find out what else is on.

At Get-Togethers, groups are able to celebrate success, share ideas and discuss challenges. They also share offers of exchange visits and invitations to events, enhancing the relationships between communities and opening up more opportunities for their members.

We never cease to be excited by the useful relationships formed at Get-Togethers, as contact details and useful information get exchanged at tea-breaks and over lunch. One very satisfied group secretary left a recent event with a years' worth of speakers signed up!

Involving people in planning and improving services

Get-Togethers also **bring together older people who use services and the services they use**, enabling them to network and problem-solve together and to come up with imaginative local solutions.

"It was refreshing to meet many people and discuss at length with fellow attendees."

"The meeting has given us lots of ideas of how to get more integrated in the area."

We invite speakers from services who want to consult on changes or to engage with older people on particular topics: NHS Highland re-design programmes, the Technology Enabled Care Team, Highland Council Tenant Participation, Community Partnerships, Age Scotland Veterans Project etc.

Inverness Get-Togethers have included sessions contributing to a wide variety of consultations e.g. Active Highland Strategy, the future of the Dunbar Centre, National Transport Strategy.

... "an insight into what local people want; find the next generation's solutions."

A "safe-space" to explore aspirations and opportunities

At Get-Togethers, older people are open about their experiences and expectations, and services and organisations speak frankly about challenges they face. This facilitates an environment which generates creative solutions. New ways of working are often on the agenda, and we share approaches and activities that work well.

Age Scotland's Body Boosting Bingo has been show-cased at most of our Highland events, and several organisations have taken up the opportunity of further training to be able to offer this activity in their groups.

When considering setting up **Macular Support Groups** in areas across Highland, the Macular Society's Regional Manager has been able to connect with individuals and local groups at the Get-Togethers, gaining from their local knowledge, experience and networks. A new Skye & Lochalsh Macular Support Group is now well-established, and groups across Highland are more aware of the society's work and can inform their members of the support available.

Feedback for better outcomes

We report back on what is said at each Get-Together, using this in the planning of future events, and, hopefully, demonstrating any changes and action that results. We also continuously check what participants are getting out of the meetings; what would be of most interest and support to them; and what they might do as a result of coming along.

"Great opportunity to network with older citizens in Sutherland and local groups."

"Brilliant example of community living at its best, co-working with Age Scotland and HSCN is valuable and can bring experience and support to remote rural communities."

We received an e-mail from someone who, as a result of connections made, had managed to **find a new home for a redundant visibility aid**, and had **switched energy supplier** (potentially saving £300 - £400). One attendee planned to **get a smoke alarm, join an Otago class and get a new call-barring phone** following presentations at the event.

Cascading the benefits

Information to take back to groups, or to the people that organisations are supporting, is consistently and positively commented on in Get-Together evaluations in response to the question "What are you going to do as a result of attending?"

- *"Follow up on some information gained."*
- *"Make a list of new services and contacts which may be useful."*
- *"Share what I have learned."*
- *"Arrange to give a talk at the Brora Hub."*
- *"Invite colleagues to attend information sharing session with people in my community."*
- *"Have got several speakers to come to meetings."*

Having more voices heard more widely

Get-Togethers are a good way of involving older people who can't get to our annual HSCN meeting. This year we will be looking at the theme of Age Friendly Communities at all of our events leading up to the Annual AGM and Conference. These local gatherings are vital in enabling HSCN to be a voice for older people all across the Highlands.

Celebrating the value of older people in our communities

In a world where the media is awash with negative portrayals of older people, particularly as a "burden" to health and social care resources, our Get-Togethers redress the balance by celebrating the contribution and value of older people in our communities. It is illuminating and inspiring to hear about the width and diversity of the involvement of senior citizens.

Being able to listen to the older people and their groups talking about what they have been doing, and about their aspirations, has been extremely rewarding. Highlighting just how much the involvement of older people enriches their communities, the Get-Togethers are a real celebration of the value of older people.



Older People's Get-Togethers Spring 2019

Age Friendly Communities

We have been arranging these gatherings across the Highlands for the last 2 years; to give **older people, organisers and members of older people's groups, and services and organisations supporting older people**, the opportunity to **come together informally, discuss common issues, share information** about their groups and local services.



To link in with the HSCN AGM and Annual Conference on the 24th April we will be looking at Age Friendly Communities; talking about intergenerational activities, dementia friendly communities, keeping active and accessibility issues; and continuing with our Safe, Well, Active and Connected themes.

Skye & Lochalsh	Monday 4 th March	Aros Centre, Portree	11 – 3.30
Easter Ross	Monday 11 th March	Kensal Hall, Alness	11 - 2.30
Wester Ross	Wednesday 13 th March	The GALE Centre, Gairloch	11 - 2
Nairn & Surrounds	Wednesday 27 th March	Nairn Community & Arts Centre, Nairn	10.30 - 2
Mid Ross	Friday March 29 th	The Muir Hub, Muir of Ord	10.30 - 2
Caithness	Tuesday 2 nd April	The Pentland Hotel, Thurso	10.30 - 2
Sutherland	Wednesday 3 rd April	Invershin Hall, Lairg	10.30 – 2
“Still Game” Men’s Event	Tuesday 16 th April	Highland Folk Museum, Newtonmore	10.30 – 3.30
Badenoch & Strathspey	Friday 3 rd May	Grant Arms Hotel, Grantown on Spey	10.00 - 3.00
Get-Togethers are planned in Drumnadrochit in May, and Inverness in June: details of these are still to be confirmed. BOOKING IS REQUIRED FOR ALL EVENTS.			

For more information about the above events please contact our co-ordinators:

Anne anne-hscn@outlook.com or (07933 653313)

Jo jo-hscn@outlook.com or (07933 653585)

or check for further details on our website www.hscn.co.uk

20+ Get-Togethers, 200+ older people, 30+ organisations and services, Wick, Thurso, Ullapool, Lairg, Golspie, Dingwall, Inverness, Kingussie, Aviemore, Nairn, Fort William, Kyle of Lochalsh, Portree.... By popular demand, the top 10 HSCN most requested areas of information:

1 Keeping in touch	Befrienders Highland: 01463 712791 info@befriendershighland.org.uk Highland Hospice Helping Hands: 01463 423202 Older People's Groups / Lunch Clubs/ Local Befriending Services: Contact us 07716 884989, anne-hscn@outlook.com , 07933 653585, jo-hscn@outlook.com
2 Transport	Some examples of local Community Transport schemes: Ross-shire Community Transport Partnership: 01349 862431 Badenoch & Strathspey Community Transport Company: 01479 810 004 Black Isle Community Car Scheme: 07776765683 or 01349 862431 Connect Assynt: 01571 844590 Lochaber Community Car Scheme: 01397 701222
3 Financial advice	Citizens Advice Direct: 0800 800 9060 - for the number of your local CAB Highland Council Welfare Support Team: 0800 090 1004 Council Tax and Benefit enquiries: 0800 393811 Pension Service: Freephone 0800 731 0469
4 Health	LGOWIT: 01349 807061, lgowitadmin@highlandtsi.org.uk NHS 24: 111 NHS Highland Telephone: 01463 704000 Samaritans: 01463 713456 Alzheimer Scotland: 01463 711707 24 hour helpline: 0808 808 3000
5 Warm, Safe and Accessible Homes	Home Energy Scotland: 0808 808 2282 Telecare: 01463 255 733, nhshighland.technologyenabledcare@nhs.net Handyperson Services: Inverness & Badenoch and Strathspey, Signpost: 01463 711393 Nairn: Cairn Housing Association: 01463 229150 Ross and Cromarty, ILM: 01349 884774 Wester Ross: 01445 781312 Sutherland: Sutherland Care and Repair: 01549 402798 Caithness: Pentland Housing Association: 01847 892507 Skye: Lochalsh and Skye Housing Association: 01478 612035 Lochaber: Lochaber Care and Repair: 01397 706333 Home Fire Safety Checks: 0800 0731 999 - or call your local fire station Trading standards: 0345 4040506 Police Scotland on 101 Citizens Advice Consumer Service: 0345 4040506 Royal Mail: scam.mail@royalmail.com , 0800 0113466 Adult Support and Protection: Phone 0800 902 00 42 if you are concerned about an adult who may be at risk of harm.

<p>6</p> <p>Self Directed Support/Care at Home</p>	<p>NHS Highland Single Point of Contact phone numbers:</p> <p>Caithness: 01955 606915 Sutherland: 01408 664018 East Ross: 01349 853131 Mid Ross: 01349 860460 Lochaber: 01397 709873 Inverness W: 01463 888333 Inverness E: 01463 888333 Nairn: 01667 422702 Badenoch & Strathspey: 01479 812618 Skye, Lochalsh & Wester Ross: 01471 820174</p>
<p>7</p> <p>Carers</p>	<p>Connecting Carers: 01463 723560 carers@connectingcarers.org.uk Highland Carers Advocacy: 01463 723 569, advocacy@hccf.org.uk Plus One Scheme: Local Service Point or 01349 886606.</p>
<p>8</p> <p>Keeping active and creative</p>	<p>Cycling without Age: cwainverness@gmail.com Highlife Highland: 01463 663800 info@highlifehighland.com Step It Up Highland Walks: 01463 729997, walking@pww.org.uk Creativity in Care: 07716 111585 Playlist for life: 0141 404 0683info@playlistforlife.org.uk Scottish Men's Sheds Association: 07397 382533 info@scottishmsa.org.uk</p>
<p>9</p> <p>Advocacy and Information</p>	<p>Advocacy Highland: 01463 233 460, info@advocacy-highland.org.uk Highland Users Group: 01463 719366, hug@spiritadvocacy.org.uk People First: 07918747763, cfletcher@spiritadvocacy.org.uk HSCN Newsletter - free with membership! 07716 884989 Age Scotland Helpline: 0800 12 44 222 Age Scotland Veterans Project: steve.henderson@agescotland.org.uk Highland Libraries: Highlife Highland 01463 663800 info@highlifehighland.com</p>
<p>10</p> <p>Being involved</p>	<p>Lots of ways of being involved through Highland Senior Citizens Network;</p> <ul style="list-style-type: none"> • Become a HSCN member - it's free • Put an article in the Newsletter • Come along to a local area Get-Together • Participate in NHS Highland consultations • Attend Care Home residents' forums • Complete Care Inspectorate questionnaires • Join in Intergenerational activities • Get involved in your Community Partnership <p>If interested contact the co-ordinators Anne McDonald or Jo Cowan</p>

For any more information please call the HSCN Co-ordinators,
Anne McDonald: 07933 653313 anne-hscn@outlook.com
Jo Cowan: 07933 653585 jo-hscn@outlook.com

Black Isle Cares

Since becoming a registered charity around five years ago, Black Isle Cares has continued to build on its founding principles that it will be a truly community based organisation concentrating on providing services for adults with social and health needs. We do this in a number of ways.

Best known is our home care delivery, carried out in partnership with Highland Home Carers. This continues to be a very important service on the Black Isle. We believe many people who would otherwise have ended up in hospital or in a residential care home away from family and friends are now being looked after in their own homes.

Of course, we are also continuing to develop our very popular Meals on Wheels service across the area. These meals are provided by local cafes and restaurants and our team of volunteers deliver and prepare the meals in our customers' homes. This project is as much about tackling loneliness and isolation as anything else.

We have built up good relationships with Fortrose Academy and every Thursday during term time groups of students come and join in with older people who play a range of board-games.

A big project for us will be the creation and establishment of a community garden between the leisure centre and the school, outside the Black Isle Cares office. This work will be done collaboratively with the Men's Shed in Avoch. We recently received a very welcome grant of £4000 from Caring and Sharing Highland to get this started.

So we continue to grow within our community. We want to hear what it is our community want us to concentrate on. Our AGM is on Monday 25th March at 7pm in Fortrose Seaforth Lodge.

If you are in the area, please come along. If you have friends on the Black Isle, please do encourage them to attend.

Brian Devlin.
Chair of Black Isle Cares.



Reg'd Charity No SCO 45371





Highland Senior Citizens Network

HIGHLAND SENIOR CITIZENS NETWORK ANNUAL CONFERENCE/AGM

WEDNESDAY 24th APRIL 2019 9.30am – 3.30pm

The 2019 Annual Conference/AGM of the Highland Senior Citizens Network will be held at the Lochardil House Hotel, Stratherrick Road, Inverness IV2 4LF.

The Title of our Conference this year is “Age Friendly Communities”

This year's Conference is about what makes an “Age Friendly Community”. We will have contributions from the younger generation - school pupils from Fortrose and Kingussie - who are currently involved in helping to tackle some of the issues affecting the older generation.

Dr Boyd Peters (NHS Highland Associate Medical Director) is our Keynote Speaker, and there will be interactive group work capturing in art form what makes an “Age Friendly Community”.

To book a place at the Conference/AGM please: Telephone 07716884989 / email hscn@hotmail.co.uk / write to HSCN, Box 301, 8 Church St, Inverness IV1 1EA no later than Wednesday 18th April 2018.

SPACES ARE LIMITED - BOOKING IS ESSENTIAL.

That Age Old Question A recent Scottish Older People's Assembly event included a short promotional film about a Royal Society for Public Health Report, “That Age Old Question”. We thought our readers might be interested to hear about this work. The report examines how attitudes to ageing can affect our health and wellbeing. Its findings reveal that ageist views are held across the generations, and that an ageing society is viewed by many as a challenge rather than an opportunity.

RSPH is making a number of recommendations aimed at addressing some of the key drivers and negative consequences of societal ageism:

- Bringing services such as nurseries, youth clubs, and care homes under the same roof
- Positive ageing to be addressed within schools
- Employers and government to support employee wellbeing and resilience in preparation for later life
- Employers and government to promote age diversity in workplaces
- Healthcare professionals to be trained on the effects of ageism in clinical and care settings
- An independent review of the representation of older people in the media
- The Independent Press Standards Organisation (IPSO) to include “age” in the Editors' Code of Practice as a characteristic by which journalists must not discriminate
- Facebook to include “age” as a protected characteristic in its community standards on hate speech
- An end to the use of the term “anti-ageing” in the cosmetics and beauty industries

You can access a copy of the report online at

www.rsph.org.uk

or call the Royal Society for Public Health for a copy: 0207 2657300

Great Wilderness Challenge

Participants in the Great Wilderness Challenge raised £1400 for HSCN funds in 2018.

A big thank you!

If you would like to take part in the Great Wilderness Challenge 2019 to raise funds for HSCN, or to sponsor our team, please get in touch.

All welcome!

Let's Get On With It Together (LGOWIT) Living Well Event Survey

Let's Get On With It Together (LGOWIT) is a partnership of voluntary organisations, NHS, Local Authority and UHI who support people with a long term health condition to self-manage.

LGOWIT is currently working with a group of specialist nurses and the Scottish Health Council to help people who are living with long term conditions to live life to the full. They are holding an event in September, and would like to know your views as soon as possible to inform their planning.

Please take a couple of minutes to complete their short survey online at: www.surveymonkey.co.uk/r/8BJQ3VMLGOWIT or contact the LGOWIT office on 01349 807061 for a hard copy.

Living Digitally - An evaluation of the CleverCogs™ digital care and support system.

Giving a short insight into a recent report on a new digital system being trialled by Blackwood Homes and Care.

This recent report from Carnegie UK Trust examines the impact of a new digital system implemented by a major Scottish housing and care provider, designed to increase digital inclusion and use of technology enabled care. It finds clear benefits that increased digital participation can bring to wellbeing and quality of life.

CleverCogs™ was developed by Blackwood Homes and Care, a housing and care provider specialising in homes and care services for people with disabilities in Scotland, and was designed to increase digital participation in adults receiving care and support packages and enable increased use of Technology Enabled Care. It is delivered via a handheld touchscreen device (tablet).

A key feature of CleverCogs™ is that it can provide an option of 'simplified access' to the internet, for those who have either never used the internet or who do not have the technology, skills, confidence or ability to do so independently at home. The 'simplified internet access' product includes online entertainment, online health information and social media. The aim is that these features increase digital participation amongst a group who are some of the most digitally excluded, as well as increasing the amount of time customers spend on meaningful activity, which will in turn have positive impacts on wellbeing, social engagement and the self-management of health conditions.

CleverCogs™ also has the potential to support the delivery of Technology Enabled Care, through features such as automated medication prompts and automated appointment prompts for the customers, and automated handover notes for care staff and an alarm facility with care homes and Night Support Service.

The findings would suggest that the system is an especially effective way of improving digital inclusion of older people with disabilities who are unlikely to go online independently. It is also an effective tool for improving life satisfaction and general well-being for this older group who have been shown to have high needs in this area. The system holds promise therefore for reaching those with the most entrenched digital exclusion and improving their quality of life. Future research on the more advanced features could contribute further to the evidence base in this area.

A summary report is available from Carnegie UK Trust's website www.carnegieuktrust.org.uk or contact the Trust on 01383 721445.

OVER 50'S BALLET

NEW
CLASS

Mondays 10am-11am
£4 per session

please bring soft flexible shoes

No Experience Necessary!



Merkinch Community Centre

Coronation Park, Inverness, IV3 8AD

Tel: 01463 239563

merkinchcommunitycentre.co.uk

Still Game: activity and discussion day at the Highland Folk Museum, 16 April 2019

An awareness-raising day of conversation and hands-on experiences for older men in the Badenoch and Strathspey area, with talks and activity sessions by Badenoch Shinty Memories, the Highland Print Studio and the Scottish Men's Shed Association. Hosted by the Highland Folk Museum in association with the Highland Senior Citizens Network.

Highland Senior Citizens Network is very pleased to be working in partnership with Highland Folk Museum on our first event with a special focus on older men.

If you are interested in attending, please contact us for further details.

E-mail jo-hscn@outlook.com

or call 07933 653585



SCOTTISH MENTAL HEALTH ARTS FESTIVAL

2019 Scottish Mental Health Arts Festival in Highland

'The annual festival takes place in venues across Scotland throughout May aiming to support the arts and challenge preconceived ideas about mental health. By engaging artists, connecting with communities and forming collaborations, the festival celebrates the artistic achievements of people with experience of mental health problems, explores the relationship between creativity and the mind, and promotes positive mental health and wellbeing.'
Mental Health Foundation.

The Scottish Mental Health Arts Festival returns for the eleventh year in the Highlands with a mixed media exhibition hosted in Eden Court for two months from Monday, May 6th, and exhibitions also running at the Bike Shed Coffee House. Curated by Creativity In Care, one of the festival partners, these exhibitions celebrate the arts in mental health recovery.

The May festival includes films (Eden Court every Sunday at 5:15pm), workshops and talks. Check 'Scottish Mental Health Arts Festival Highland' Facebook page for details, or call Creativity In Care on 07716111585. Partners include HUG (action for mental health), Befrienders Highland, Mikey's Line, Birchwood Highland, Caithness Mental Health Support Group, Support In Mind, Bike Shed Users Group, High Life Highland Libraries, Brora Learning Zone, Creativity In Care, Scottish Waterways Trust, Write to Recovery, Diabetes UK and artists.

HSCN is very excited to be launching a wee film about intergenerational activities in Highland, "The Power of a Highland Hello", as part of the festival. Coming out of last year's Highland Third Sector Interface conference talking about improving mental health in Highland, we have been working on this in partnership with other voluntary organisations, initially Feis Rois, Black Isle Cares and Fortrose Academy. We hope to launch the film at the Recovery Café, Inverness as part of 'Say Hello' Day on the 10th May.





Highland Senior Citizens Network

Nothing about us without us

Highland Senior Citizens
Network

Box 301
8 Church Street
Inverness
IV1 1EA

Tel 07716 884 989

"Nothing about us,
without us"

Email:
hscn@hotmail.co.uk
Website: www.hscn.co.uk

HIGHLAND SENIOR CITIZENS NETWORK TRUSTEES WANTED

We are always looking for new Trustees to sit on the HSCN Board. Our Trustees come from all walks of life and from across the Highlands.

The only regular commitment is to our monthly Board Meetings lasting two hours which are held on the morning of the last Monday of the month, (excepting December & July).

If you are interested and/or would like more information about HSCN please do not hesitate to contact us at:
HSCN, Mail Box 301, 8 Church St, Inverness IV1 1EA,
Telephone 07716884989
or by email at hscn@hotmail.co.uk



Connect, inform and campaign

Join us today!