

**MID ROSS Community Partnership Meeting**

Wednesday 19th March 2025 10:00 – 12:00

Via Teams

**Present:** Philip MacRae, NHS Director, Chair of CP (PM)

Jamie Kellas, Community Partnership Officer (JK)

 Hannah Barrows, Head of Community Impact, HTSI (HB)

Kenny Rodgers, Mid Ross District Manager, NHSH (KR)

Ann Gillies, Whole Family Wellbeing Locality Coordinator (AG)

Sandra McAllister, Health Improvement, NHSH (SM)

James Turner, Head of Strengthening Communities, HIE (JT)

Justyna Leslie, Tenant Participation Officer, HC (JL)

Fraser Thompson, HLH Youth work & Adult Learning (FT)

Archie Brindle – Black Isle Youth Forum (AB)

Jess Davidson – Black Isle Youth Forum (JD)

Kirsty MacIver, HC Youth work & Adult Learning (KM)

Louise Rose, HC Youth Work & Adult Learning (LR)

Argyle – Dingwall Youth Forum

Amelie – Dingwall Youth Forum

Naomi MacKay, MRCMHT Team Lead, NHSH (NM)

Lynn Bauermeister, Community Development Manager, HC (LB)

Kirsty Ellen, Community Development Officer, HC (KE)

Vicky Clark, Planet Youth, (VC)

Cllr Christopher Birt, HC (CB)

Cllr Liz Kraft, HC, (LK)

Cllr Lyndsey Johnston, HC (LJ)

Cllr Sarah Atkin, HC, (SA)]

Cllr Graham MacKenzie, HC, (GM)

Adam Weir, Connecting Carers, (AW)

Killearnan Community Council (KCC)

Kathryn Lamont – Police Scotland (KL)

**Apologies:** Paul Young, Station Commander SFRS, Vice Chair of CP

Lynn McNeil, Partnership Development Officer

 Gillian Unger, Skills Development Scotland

 Kasia Wilczynska, Connecting Carers

 Daniel Jack – Area Inspector Police Scotland

|  |  |  |
| --- | --- | --- |
| **1** | **Welcome and Apologies** | **Action** |
|  | **PM** welcomed everyone to the meeting and explained to the group that going forward we would be looking to theme our meetings. Today’s meeting has a focus on the Youths with a number of presentations being heard. Apologies were noted as above.  |  |
| **2** | **Notes of Previous Meeting** |  |
|  | The minutes from the previous meeting held in December were reviewed. No amendments or corrections were noted, and the minutes were accepted as a true record of the previous meeting. |  |
| **3** | **Review of Actions** |  |
|  | There were a couple of outstanding actions from the last meeting:Power of Attorney (POA) – **PM** acknowledged the delay in arranging a meeting regarding POA. He proposed meetings on Thursday or Friday to address this. A meeting was arranged for Thursday 20th March at midday. Further updates will be given at the next meeting. Access to National Data – **KR** provided an update on public health data related to mental health, which he included in the district planning document.  |  |
| **4** | **Presentation – Black Isle Youth Forum** |  |
|  | **Fraser Thomson**, a youth worker from the Black Isle, introduced the presentation. He was joined by **Jess Davidson** and **Archie Brindle**, who are active members of various youth groups and forums.Fraser explained that the Black Isle Youth Forum operates differently compared to traditional forums. Instead of having a single forum, they have multiple groups that meet and discuss various issues. These groups include:* **Cromarty Community Council**
* **Cromarty Rowing Club**
* **Cromarty Youth Cafe Committee**
* **Fortrose and Rosemarkie Community Council**
* **Sports Committee in School**
* **Mental Health Ambassadors in School**
* **Mikey's Line**

Fraser emphasised the importance of capturing the voices of all young people, including those who prefer one-on-one discussions over group settings. This approach ensures that every voice is heard and valued.**Archie Brindle** shared his involvement in various forums and programs, including:* **Resilient Kids Programme**: Archie and his friend Maisie deliver Q&A sessions to primary schools about transitions.
* **Mental Health Ambassadors**: Archie is a former member and is currently working towards the Silver Rights Respecting Schools Award.

**Jess Davidson** highlighted her roles as:* **School Captain at Fortrose Academy**
* **Member of Fortrose and Rosemarkie Community Council**

Jess is involved in organising events for the elderly and raising awareness within the community.Fraser mentioned several surveys and consultations that the youth forum has participated in, including:* **Planet Youth Scotland**
* **Greenport Consultation**
* **Freeport Energy Survey**
* **Highland Youth Parliament Survey**

Fraser discussed the intergenerational work happening across the Black Isle, such as:* **Mix and Mingle**: Bringing residents from care homes and the community into the Community Library for social interactions.
* **Getting to Know Your Techno**: Helping older people learn how to use their internet devices.

The presentation concluded with Fraser inviting questions and support from the partnership members. Several members expressed their admiration for the work being done and offered support for future initiatives.**KR** to contact **FT –** Black Isle Youth Forum to discuss attending at the school and speaking to the senior pupils regarding the broader view of the Care at Home sector.  | **KR** |
| **Presentation – Dingwall Youth Forum** |  |
| **Louise Rose**, a youth worker, introduced the presentation and was joined by **Argyle** and **Amelie**, who are active members of the Dingwall Youth Forum.The Dingwall Youth Forum consists of a group of young people who meet every Tuesday to discuss issues affecting their community and plan initiatives to address these issues. The forum has recently expanded from four to about ten members.**Key Members and Their Roles*** **Jake McCullough**: An MSYP for Skye, Lochaber, and Badenoch, who was giving a presentation at Gairloch High School on the day of the meeting.
* **Amelie**: A volunteer at the drop-in sessions, Conon Community Council (which was recently dissolved) and Dingwall Primary School.
* **Argyle**: Involved in various volunteering activities, including the drop-in sessions and Conon Community Council (which was recently dissolved).
* **Alicia**: Active in multiple volunteering roles, including working with children with additional support needs through the Highlights group, and participating in the drop-in sessions and youth forum.

**Major Initiatives and Projects****Mental Health and Well-being Packs**:Last year, the forum distributed 180 mental health and well-being packs to students at Dingwall Academy identified by guidance teachers as needing support. The packs included books on mental health and online safety, water bottles, flyers for mental health charities, toiletries, donations from Lush, and other supportive items. The initiative was well-received, and there are plans to distribute more packs this year.**Awards and Events**:The forum participates in awards programs, including bronze, silver, and gold awards. Last year, Alicia completed her gold award by organising a fun day event that raised about £700. The proceeds were used to create food and activity packs for families in need, catering to specific dietary requirements and family sizes.**Drop-in Sessions**:Held every Tuesday from 7:00 to 8:30 PM at Dingwall Academy, these sessions provide a safe space for young people from P7 to S6. The sessions have grown from three attendees to about fifty, offering activities, snacks, and a safe environment for socialising. The forum works closely with staff members, including Deborah Ritchie, the assistant youth worker.**Future Plans**:The forum is looking to find its own dedicated space to conduct intergenerational work and other activities. They currently operate in a shared space at Dingwall Town Hall, which limits their ability to be creative and expressive. The goal is to have a space where they can host drop-in sessions, activity days, and possibly a café.**Community Engagement and Support**The forum engages with various primary schools in the area, including Dingwall Primary, Strathpeffer Primary, and Tarradale Primary. They have received positive feedback and support from the community and are looking to expand their reach and impact.The presentation concluded with Louise inviting questions and support from the partnership members. Several members expressed their admiration for the work being done and offered support for future initiatives. |  |
|  | **Presentation – Planet Youth**  |  |
|  | **Vicki Clark**, a health improvement specialist with the NHS Highland Health Improvement Team and the lead for Planet Youth in Highland, delivered the presentation. She discussed the importance of Planet Youth and its impact on the community.**What is Planet Youth?**Planet Youth, also known as the Icelandic Prevention Model, is a data-informed health improvement initiative aimed at improving the physical and mental health of young people. It involves extensive health and well-being surveys conducted with S4 students (15-16 years old) to gather data that is then used to inform community actions and interventions.**Key Components of Planet Youth*** **Data Collection and Use**: Surveys are conducted with S4 students to gather data on various aspects of their lives, including family, school, leisure time, and peers. The data is used to create reports for schools and communities, which help identify areas of concern and inform action plans.
* **Community Action Groups**: These groups are formed to act on the data collected. They include parents, carers, third-party organisations, youth workers, active school’s coordinators, community council members, health professionals, and anyone interested in the well-being of young people. The groups focus on creating action plans to address issues identified in the data.

**The current Community Action Groups have identified five main areas of focus:*** **Reducing Substance Use**: Some areas focus specifically on vaping, while others address broader substance use issues.
* **Improving Mental Health and Resilience**: Initiatives include leadership programs and courses like the Scottish Fire and Rescue Service's Fire Skills Course.
* **Bullying and Building Healthier Relationships**: Efforts include working with organisations like Safe, Strong and Free and Respect Me to address bullying and promote healthy relationships.
* **Improving Access to Activities**: Ensuring young people have access to a variety of activities, including sports, arts, and other recreational opportunities.
* **Improving Communication and Partnership Working**: Enhancing communication between different organisations and ensuring activities are well-coordinated.

**Data Insights and Trends*** **Positive Trends**: Decreases in alcohol consumption, instances of young people being drunk, and self-harming behaviours. Reduction in the number of young people sending naked images.
* **Concerning Trends**: Significant increase in vaping among young people. Decrease in the amount of sexual health information received in schools. Persistent issues with mental health, bullying, self-harm, suicide, self-esteem, and early substance use.

**Protective and Risk Factors*** **Protective Factors**: Positive relationships with peers and adults. Parental monitoring and support. Engagement in healthy recreational activities. Opportunities for success and achievement. Adequate sleep and a safe, supportive community.
* **Risk Factors**: Lack of supportive networks. High levels of screen time and social media use. Lack of sleep, physical exercise, and clear boundaries.

**Challenges and Priorities*** **Challenges**: Deteriorating mental health among young people. High levels of bullying and lack of perceived safety in schools. Early exposure to social media and online risks. Insufficient sleep and physical activity.
* **Current Priorities**: Continuing work with the five pilot schools and expanding to five new schools. Using data to identify and address areas of concern. Developing resources and training for parents, carers, and professionals.

**Resources and Training*** **Vaping Information for Parents and Carers**: An e-booklet with information on the dangers of vaping.
* **Posters and Educational Materials**: Created by the health improvement team and shared widely.
* **Training Programs**: Discussing drugs and alcohol with young people (6-hour face-to-face session). Speakeasy training on relationships, sexual health, and consent (8 sessions).

Vicki emphasised the importance of community involvement and the need for a collective effort to address the issues facing young people. She invited questions and feedback from the partnership members and highlighted the need for spreading awareness and engaging more schools and parents in the initiative.**VC** to share presentation and other Planet Youth information by email to Lynn McNeil who will share it with the partnership | **VC** |
| **5** | **Priorities Action Tracker Progress** |  |
|  | **Place – Led by Kenny Rogers NHS****District Planning Group (DPG)**The Place subgroup operates as part of the District Planning Group (DPG), which is a subgroup of the Community Partnership (CP). The DPG has held about four meetings to establish the broad elements of the plan.**Key Progress Areas****Reducing Hospital Delays*** **Challenge**: Reduction in care home places in Highland over the last 18 months, with 200 fewer places and increased demand.
* **Solutions**:
* Developing new ways of providing medical support in hospitals.
* Direct admission to Community Hospitals to avoid delays in larger hospitals like Raigmore.
* Implementing the Scottish Government's Hospital at Home model, providing care at home with medical support.
* Allied Health Professionals (AHP) at the front door to identify opportunities for home care and support independence.

**Alternative Care Models*** **Live-in Care Models**: Utilising organisations like Country Cousins, where carers live in the patient's home for two weeks at a time.
* **Contractual Approach**: Exploring ways to improve contractual arrangements with care companies.

**Guardianship Process*** **Issue**: Lengthy process for obtaining guardianship, sometimes taking up to a year.
* **Solution**: Streamlining the process to reduce the time required for mental health officers and legal identification.

**Power of Attorney*** **Promotion**: Publicising the importance of power of attorney through social media campaigns – particularly NHS Highland Facebook page
* **Test of Change**: Setting up a small test of change in Mid Ross to ensure early planning. A discussion has been had on its implications for the wider family and the need to develop a clear plan. There is hope to use some of the available funds to support necessary developments. The plan involves families, practitioners and potentially stakeholders who have not been considered yet. The idea is to test the plan in Mid Ross. Learn from the experience and share insights with partners throughout Highland.

**Respite Care*** **Objective**: Reducing carer fatigue by providing alternative respite care options.
* **Legislation**: Utilising self-directed support legislation to offer flexible respite care solutions.

**District Nursing Service*** **Challenge**: Increasing demand for insulin care in the community.
* **Solution**: Securing non-recurring funds to employ more staff, doubling the establishment to manage demand.

**Mental Health and Well-being*** **Progress**: Limited progress noted, with ongoing work required.

**Drug and Alcohol Services*** **Update**: Continuing to make links with the local community and running SMART Recovery groups.
* **Challenge**: Recruiting nursing staff, with nearly half of the posts currently vacant.

**Community Hospital (Ross Memorial)*** **Importance**: Securing the future of Ross Memorial Hospital by making it fire compliant and reconfiguring wards and outpatient services.
* **Funding**: Secured £400,000 from NHS Highland's capital budget for necessary improvements.
* **Objective**: Extending the volume and variation of outpatient clinics.

**People – Led by Daniel Jack Police Scotland**Daniel was unable to attend the meeting and had sent his apologies so there was no update available for Place. PM asked if KL could be briefed for future meetings and step in for Daniel if he is absent.**Prosperity – Led by James Turner HIE**Jame outlined that he will provide updates on HIE’s activities in the Mid Ross area over the last quarter and circulate information on funding and support relevant to the Mid Ross community and third sector organisations.**Work Life Highland Actions*** Meeting with Scott Smart scheduled to catch up on employment support initiatives and updates on previous actions related to Work Life Highland.

**HIE Involvement*** Significant involvement in the development of the Dingwall and Seaforth Area Place Plan led by Senior Community Development Manager, Dot Ferguson, including discussions on translating the plan into delivery and incorporating community-led action.
* Conversations have been had with Feis Ross about developing Robertson House into a facility for Gaelic and musical activities.
* Finished supporting the completion of a phase of development led by the Culbokie Development Trust, for community space at the green in Culbokie, with new capital development plans to create "The Space," a community space incorporating a café and care facilities run by an anchor tenant.

**HTSI Updates*** Fortnightly Events and Training Bulletin will be sent to all members, including a weekly vacancy bulletin and a monthly funding bulletin.
* HTSI is distributing Community Led Local Development Fund in partnership with the Highlands and Islands Climate Hub on behalf of the Highland Council, with grants available for £10,000.

**JT** to provide an update on the Work. Life. Highland actions from his meeting with Scott Smart. Lynn to update the action tracker accordingly**JT** to share links to funding support programs including Community Led Local Development Fund and organisations that provide support to the enterprising third sector and community organisations with Lynn McNeil which she will distribute to the CP network. **JT** to also share Social Enterprise Ecosystem Map for Lynn to share to everyone | **JT/LM****JT/LM****JT/LM** |
| **6** | **Highland Community Planning Partnership Update** |  |
|  | Due to time constraints, there was no verbal update given but a copy of the full update will be shared with all members of the partnership by email.  | **LM** |
| **7** | **CLD Update** |  |
|  | There was no CLD update due to the meeting running over time, but KM shared an update via email with the update below:Following needs analysis, we have opened a new Driving Theory class at Muir of Ord Library, beginning Thursday 3rd April, with the plan do a further block at Dingwall library in the summer. There seems to be a need amongst young adults in the area to be supported in preparation, further discussion welcome on this. Learning for Life can also work with Adult Learners towards a Personal Finance award. This might be suitable for those in our communities, struggling with numeracy relating to money, budgeting, understanding bills etc. Appreciated if partners can bear in mind this as part of our service, as well as basic core skills literacies SQA Nat 2-4. In other news, we have recently onboarded as a provider of the Newbattle Abbey College Adult Achievement Award, which we look forward to offering to learners in our communityKM to share Learning for Life Skills Provision document to CP | **KM** |
| **8** | **Partner/Round Table Updates** |  |
|  | **James Turner – HIE**HIE are conducting a mapping exercise of community led activity in the Inner Moray Firth Area to identify areas of focus for their team. James highlighted the importance of early awareness and relationship building with nascent groups, even if direct support is not provided. The request is for local intelligence on emerging community activities, such as development trusts, community companies, or social enterprises, to ensure comprehensive coverage and effective support.  |  |
| **9** | **AOCB** |  |
|  |  There was no Any Other Current Business  |  |
| **10** | **Date of Next Meeting** |  |
|  | The next meeting will be an in-person meeting – venue to be confirmed. * Wednesday 18th June 10.00 - 12.00
* Wednesday 24th September 10.00 – 12.00
* Wednesday 17th December 10.00 – 12.00
 |  |