

Contin Community Council Meeting

7.30 pm on Tuesday, 07 Dec 2022, Contin Hall

Minutes

Present:

Norma Ross (NR), Lisa Daines (LD), Laurence Gunner (LG), Frances Welton (FW). Liz Kraft, Councillor (EK).

Kenny Rodgers, District Manager, Mid Ross, NHS Highland.

Apologies: Gerry Lowe (GL), Phil Baarda (PB), Selina Rennie (SR).

1. Welcome

NR welcomed everyone.

2. Expressions of Interest

No expressions of interest were reported.

3. Minutes of Previous Meeting and Matters Arising

Matters arising: Shopmobility bus from Garve fortnightly, how to fund? See below.

Community lunches are being provided on Mon and Tues at Contin Hall though less funding has been received than hoped for and volunteers are required. NR to send dates to EK of the lunches, she may help.

EK proposed and NR seconded the minutes of the previous meeting.

4. NHS Highland Mid Ross Health and Social Care Services

NR welcomed Kenny Rodgers District Manager for Mid Ross, NHS Highland. Providing services for a growing and ageing population of 26,000. Were based out of Ross Memorial, District Nursing, Care at Home, Physio, Occ Health, Social Work, independent sector care homes. Plus lots of outpatient, scotcap service, dexa scanner etc etc. Biggest issue is the condition of the building. Oldest hospital on the NHS Highland estate, sloping floors, subsidence, fire compliance issues etc. Need a plan for the next 10 to 15 years.

NR reported – works well – accessing specialist clinics at Ross Memorial reduces pressure on Raigmore, difficult to get to without a car. Collecting repeat prescriptions without ordering.

Not so well – doing online or phone calls appts, worry that important things missed. Not always access to online services.

Complex needs need to see same GP, continuity of care. Shortage of services for those with complex needs, length of waiting time leads to conditions worsening.

Mental health services demand – huge increase since COVID. A national problem.

Trying to recruit link workers for support in the community.

KR explained that the minor injuries unit closed due to staffing issues. Plan to reopen it across peak period 10am-4pm.

General practice issues – difficult time, access to GP a problem pre-covid, system failing. Triaging.

EK – planning committee for health and social care to live close enough together so that a carer can get round them. Distances and geography challenging.

Care at home biggest issue. Most are older workers, not attracting younger people. Some good providers in Mid Ross, still a problem with recruitment. Put people in contact with Kenny in first instance can buddy with Home Care Scotland. Training can be provided.

LG word of appreciation for the puffin pool.

Helpful to write to NHS Highland to let them know how much we value it.

5. Treasurer's Report

NR applied for funding to Corra Foundation funded by National Lottery. Received £2100 for winter hardship. Request for fund for

Community Priority List

NR

6. Community Police Support

NR reported 2 speeding offences and no

7. Community Transport Progress Update

Offer from Garve of Shopmobility bus on a Thursday taking residents to Dingwall shopping door-to-door. Councillors agreed to fund half of £8 cost for a two way trip, i.e. £4, if the user pays the other half.

EK to suggest working with Strathpeffer, Garve and Marybank. HC plan to take bus services in house, huge changes in transport coming. Remember public transport doesn't replace what we are looking for.

8. Microgrants Update

Completion returns have been filed and next allocation of funding will come through shortly.

9. Contin Island Survey

PB reported via email in his absence that he has submitted an application to Historic Environment Scotland (for c. £5k) and will submit an application to Foundation Scotland for the remaining amount (Marion is aware and happy to accept something).

The project is to use ground surveying and resistivity equipment to look at the fields around the church for evidence of early Christian/medieval structures. The UHI archaeology unit will be doing the technical work to include training/involving local people with a public seminar to

discuss results. This is a phase I of what might be a bigger project, possibly doing excavation (if we find something of note).

Aiming to do the surveys in Sept 2023 (i.e. after silage cutting), with the seminar in Oct/Nov 2023. Ronnie (church) and Willie Fraser (farmer) are aware and have given permission.

10. Correspondence

NR noted that all correspondence has been forwarded to Councillors.

11. AOCB

EK noted that Liz Kerr emailed re play park funding. There is money available but complicated. Put Liz in touch with Dougie to advise on costing, location etc.

On Yir Bike project, first phase Garve to Contin, two pockets of land to pass through in Tor View and they don't know who owns. Passed to Phil Waite from Highland Council.

CCT are submitting an application to Foundation Scotland for the acoustics.

SCIO been awarded funding for hot lunches for next 16 weeks.

12. Comments from Members of the Public

N/A

13. Next Meeting Date

Wednesday 8th February 2023 at 7.30pm in Contin Hall.