

A&B HSCP || Transforming Together

Argyll & Bute Health & Social Care Partnership

Health and Wellbeing in Argyll and Bute Annual Report 2023/24



Public
Health
Intelligence

 www.ablivingwell.org



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INTRODUCTION

Hello everyone,

Welcome to the 2023-2024 Annual Report for Public Health in Argyll and Bute. This year, more than ever, we need to focus on the importance of preventing health problems before they occur. The challenges are clear, with more people experiencing ill health and longer waits for specialist services, it's clear we need to act now for our people and communities.

The Public Health Team works at many levels to improve health, we:

1. Deliver national strategies for Scotland across our remote and rural communities.
2. Work with our communities so their views shape what we do.
3. Work in partnership with other organisations, for example in the Community Planning Partnership to develop health improvement plans.
4. Gather and make sense of information to shape how we deliver health and social care services.

Most health problems are preventable, but our systems are geared up to responding once the problem is already there. By focusing on prevention, we can reduce the burden on our healthcare services, improve quality of life, and ensure that everyone has the opportunity to live their best life. Prevention is urgent because the longer we wait, the more difficult and costly it becomes to address the problem.

Prevention takes place at different levels:

Primary Prevention: This is all about stopping health problems from occurring. It includes measures like vaccinations, healthy eating, physical activity, and avoiding harmful behaviours like smoking. By focusing on primary prevention, we can reduce the incidence of many diseases and conditions.

Secondary Prevention: This involves early detection and intervention. Screening programmes, such as those for cancer or diabetes, help identify health issues at an early stage when they are more treatable. Secondary prevention aims to halt or slow the progression of disease.

Tertiary Prevention: This level focuses on managing and improving the quality of life for those with existing health conditions. It includes rehabilitation/reablement, support groups, and ongoing medical care to prevent complications and improve overall well-being.

When we plan prevention activities it is important to be aware of the underpinning factors that influence health, these include societal and political factors like how much money people have, the houses they live in, access to education and having a good job. However, we know that these factors are not equal across Scotland, and sadly this results in lots of inequalities in how healthy or unhealthy people are.

Over the course of 2023 and into 2024, our team have worked tirelessly to balance national requirements with those of the HSCP while continuing to put local people at the heart of everything we do.

There is no doubt that the potential for good health lies within our communities and I am proud to live and work in an area with so much community action and desire to make things better.



Best regards,

Alison McGrory

Associate Director of Public Health
Argyll and Bute HSCP
NHS Highland

ARGYLL AND BUTE - THE CONTEXT

The Public Health Team works within Argyll and Bute HSCP. To get a deeper insight into the characteristics of Argyll and Bute's population and economy which impact the context of how we work, see the documents below:



Strategic Plan 2022-2025

View the full document and the Plan on a Page at: bit.ly/JSP-ABHSCP-2022-25

The Argyll and Bute Joint Strategic Needs Assessment (JSNA) included in this document provides detail on; Demographics, Life Circumstances; Health and Wellbeing status of the population, challenges etc.

Plan on a Page

JOINT STRATEGIC PLAN 2022-2025

PEOPLE IN ARGYLL AND BUTE WILL LIVE LONGER, HEALTHIER INDEPENDENT LIVES

[READ HERE](https://bit.ly/JSP-ABHSCP-2022-25)

[HTTPS://BIT.LY/JSP-ABHSCP-2022-25](https://bit.ly/JSP-ABHSCP-2022-25)

WHAT WE ARE PLANNING FOR

- 85,430 PEOPLE 3.6% SINCE 2010
- WORKING AGE POPULATION
- 47% POPULATION LIVE IN 'RURAL' AREAS (2020)
- INCREASED DEMAND FOR HEALTH AND SOCIAL CARE SERVICES FROM CONTINUED INCREASES IN THE NUMBERS OF OLDER PEOPLE.
- 23 INHABITED ISLANDS AT THE 2011 CENSUS.
- THE OLDEST IN THE POPULATION
- MAINTAIN WORKFORCE AS THE POPULATION OF WORKING AGE DECREASES
- 69% POPULATION (LIVE IN 'VERY REMOTE' AREAS (RURAL OR SMALL TOWNS) (2020)
- 45% OF SMALL AREAS ARE WITHIN THE MOST ACCESS DEPRIVED IN SCOTLAND.
- 12,000 PEOPLE AGED 16+ PROVIDE UNPAID CARE IN ARGYLL AND BUTE

OUR HSCP 8 STRATEGIC OBJECTIVES

- Reduce the number of avoidable emergency hospital admissions & minimise the time that people are delayed in hospital
- Promote health and wellbeing across our communities and age groups
- Support people to live fulfilling lives in their own homes for as long as possible
- Support unpaid carers, to reduce the impact of their caring role on their own health and wellbeing
- Institute a continuous quality improvement management process across the functions delegated to the partnership
- Support staff to continuously improve the information, support, and care they deliver
- #KEEPTHEPROMISE
- Efficiently and effectively manage all resources to deliver best value

BUDGET 2022/23 - £320.9 MILLION

Children & Families	GP Services	1%
Other People social care	Hospital and Community Services	1%
Mental Health & Learning Disability & Physical Disability	Prescribing	1%
Commissioned Services (not NHS CG&C)	Public Health	1%
Dentists, Chemists and Opticians	Management and Corporate	1%

HSCP SERVICE AREAS

- Children & Young People
- Older Adults
- Mental Health
- Primary Care
- Learning Disability
- Carers

Technology & Digital Strategy

Violence Against Women and Girls

Public Health

Compassion

Integrity

Excellence

Leadership

Respect

Continuous Learning

Public Health - Vision and Mission

The Public Health Team in Argyll and Bute held several sessions in Inveraray where we explored our shared values and discussed what our mission and vision is as a team.

The graphic features a background image of a coastal town with a castle and sailboats. At the top left is the 'Living well IN ARGYLL & BUTE' logo. In the center is the 'A&B HSCP Transforming Together' logo, with 'Argyll & Bute Health & Social Care Partnership' below it. At the top right is the 'NHS Highland' logo. Below these is the title 'PUBLIC HEALTH TEAM'. Two white boxes with green borders contain the vision and mission statements.

OUR VISION

A thriving Argyll and Bute where everyone has the opportunity to live well in vibrant and flourishing communities

OUR MISSION

We will work with and for communities and organisations in Argyll and Bute to:

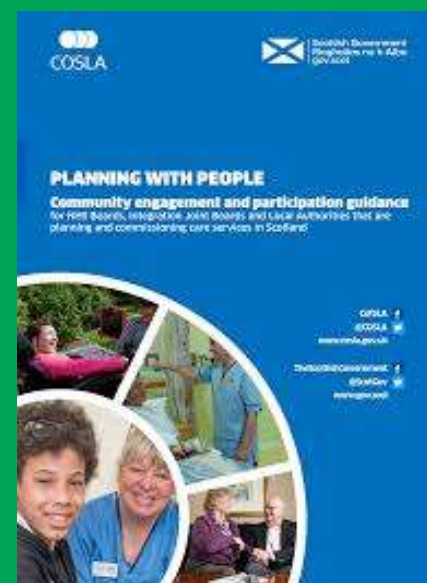
- Prioritise equality, diversity, and health and wellbeing
- Foster environments and partnerships to nurture and support the flourishing of all

Community Engagement

Engagement of people and partners goes to the heart of how the Public Health Team operates. We always aim for the voices of people in our communities to inform how we work. We do this via our local Living Well Networks and also in more structured ways in Locality Planning and Community Planning.

The Public Health Team co-ordinates the HSCP's strategic approach to engagement. In 2023 we led the updating of the HSCP's Engagement Framework and published it here: nhshighland.scot.nhs.uk/about/argyll-and-bute-health-and-social-care-partnership/argyll-and-bute-hscp-publications/public-engagement/

The Public Health Team collates the HSCP's annual engagement plan and liaises with Healthcare Improvement Scotland to ensure the national engagement standards inform service review and service improvement.



LIVING WELL STRATEGY

Our showcase strategy focusing on wellbeing, prevention and self-management to enable our people to live a healthier life.



ALIGNS TO 4 THEMES OF THE HSCP STRATEGY

The Living Well Strategy 2019 – 2024 is Argyll and Bute’s showcase strategy to support people to live well with long term health conditions - [Living Well Strategy — Living Well \(ablivingwell.org\)](#). The Strategy also recognises that it is possible to prevent ill-health, for example, strong and vibrant communities enable people to live good lives and to have better health and wellbeing outcomes.

This engagement resulted in a Living Well Implementation Plan which was aligned to Argyll and Bute HSCP strategic intentions under four themes:

The four themes:

- ★ **People** – People living in Argyll and Bute have the tools and support they need to support them to Live Well
- ★ **Community** – There are a wide range of local services to support people to Live Well
- ★ **Leadership** – Effective leadership is in place to support the delivery of the Living Well strategy
- ★ **Workforce** - Staff are able and motivated to support the people they see to Live Well

There are a wide range of actions included under each of the above themes and the full strategy, engagement report and implementation plan can be access on the Living Well website._

ARGYLL AND BUTE LIVING WELL PROGRAMME BOARD

Over 2022 to 2023, the Living Well Strategy group merged with the Prevention Programme Board and is now known as the Living Well Programme Board. This refresh has enabled a refocus on activity at two levels:

- Community rehabilitation and wellbeing - Community Rehabilitation and Wellbeing Service has been developed to deliver physical activity and behaviour change programmes within the community. These programmes will include physical rehabilitation, strength and balance, frailty and education classes. This service will begin in 2024/2025.
- Community assets for Living Well – main aims of this work include identifying existing assets and resources within local communities to support Living Well intentions.
 - Recognising the power of local people in making their communities good places to live.
 - Supporting community action on shared priorities for Living Well.
- ★ Development of new community rehabilitation service: 5 new practitioner posts have been developed to deliver the service within the community. New Development Manager post developed to take forward Community Assets for Living Well in partnership with Argyll and Bute Third Sector Interface, MacMillan and the HSCP.

LIVING WELL NETWORKS (LWN)

Building capacity for health and wellbeing in our local communities.

Living Well Networks (LWN) across Argyll and Bute



Facilitating local partnership working and planning for health improvement activity

The Living Well Networks (LWN) are for people with an interest in building healthy communities. They provide an opportunity for people to come together to find out what issues matter to local communities; to plan activities and events together; and to network with individuals, services and organisations with an interest in improving health. The Public Health team currently fund a LWN coordinator for each locality, each has 1-2 days per week.

A new model of delivery was piloted in 2022, this model was successful and was implemented in April 2023. There are Coordinators in place in each locality and a new admin role to deliver the valuable engagement and capacity building work of the networks by working in partnership with a range of stakeholders, community members and Locality Planning Groups. Funding for the networks is secure until March 2025. Further information and contact details for the networks can be found here: <https://www.ablivingwell.org/living-well-networks>

The Living Well Network Coordinators for each area are: Mid Argyll, Kintyre and Islay - Mid Argyll Youth Development Service (MAYDS), Oban, Lorn and Isles - Carol Flett, Helensburgh and Lomond - Veronica Ferguson, and Bute and Cowal - Dee James. We would like to extend our thanks to Tracy Chambers for her dedication to the Coordinator role in Kintyre who left in March 2024.

LWN Priorities in Argyll and Bute, 2023/24:

In developing their workplan for 2023/24, the Living Well Networks were asked to identify local priorities for activities. Each LWN could choose 3 key priorities:

- ★ 1 from the Living Well Strategy action plan;
- ★ 1 from the Argyll and Bute ADP Strategy; and
- ★ 1 of the Network's own choice based upon the Public Health team's workplan.

MID ARGYLL, KINTYRE AND ISLANDS LWN



Mid Argyll, Kintyre and Islay LWN
Coordinator:

200 LWN members
127 Facebook followers

- Jointly covered by Fiona Kalache and Lynne Johnstone
- livingwell@mayds.org.uk
- 01546 603231
- bit.ly/MidArgyllLWN-Facebook



Fiona Kalache

Lynne Johnstone

Highlights 2023/24

- Mid Argyll: Over 100 people attended LWN "Live Better in 2024" at MacPool in January. This included information stalls by WithYou, Dochas Carers Centre, Community Shop, Smoking Cessation etc., along with free snacks, swimming sessions, personal training and health check sessions etc. Thanks to the Living Well Network, groups that provide food parcels & food share schemes within Mid Argyll have amalgamated to provide a more streamlined approach.
- Two Living Well Network events were held on Islay and Jura in February providing a great opportunity for agencies to network. Organisations attending included Islay Podcast, Sidekick, Dochas Centre, MYCOS etc.
- The Kintyre Living Well event was held in March, with 14 partners providing information and an opportunity to network to the community. Approximately 35 people attended with some valuable connections being made and collaboration work discussed.

Health Improvement Team contact: Angela Coll angela.coll@nhs.scot

COWAL AND BUTE LWN



Cowal and Bute LWN Coordinator:

897 LWN members
179 Facebook followers

- Dee James
- hwnbute@ab-rc.org.uk
- livingwellcowal@ab-rc.org.uk
- 07384463473
- facebook.com/ButeLWN
- facebook.com/CowalLWN



Dee James

Highlights 2023/24

- 16 LWN Newsletters produced.
- A showing of "One Last Spin" was arranged and shown in the Burgh Hall in Dunoon to highlight the harms of gambling.
- Guest speakers at LWN meetings included: Breathing Space, Dunoon Community Development Trust, ALIenergy, Refugee Support Worker, Peer Recovery Advocates, Social Security Scotland, MECOPP, Heartstart Cowal, SupportedED, Trauma Training Coordinator and ABRC.
- LWN had a table the Rotary Club Community Showcase Event on 9th March to connect/network with community members, voluntary organisations, and charities. Over 20 Community groups in attendance.
- 20 people were trained in the use of Naloxone, 12 people were trained about Eating Disorder Awareness, and 20 people were trained in Scotland's Mental Health First Aid.

Health Improvement Team contact: Angela Coll angela.coll@nhs.scot

OBAN, LORN, AND THE ISLES LWN



Oban, Lorn and The Isles Coordinator:

- Carol Flett
- tcmhwn@gmail.com
- 07753218327
- bit.ly/ObanAndLornLWNFacebook

274 LWN members
127 Facebook followers



Carol Flett

Highlights 2023/24

- ★ The LWN supported the ADP grants process, ADP grants were awarded to Lorn and Oban Healthy Options, Hope Kitchen and Hebridean Pursuits through the LWN.
- ★ A 'Living Well on Coll Event' held on the Isle of Coll community on 16th August. 15 mainland-based charities and organisations attended to share information about the support they provide. Four workshops held: Mindful Mandala Making (North Argyll Carers Centre), How to get help to complete applications (Social Security Scotland Benefits), Cyber Scam Prevention and Health Screening.
- ★ Signposting across the Network increased by producing a document with information about 21 charities and organisations who provide support in communities. 22 LWN Members now included in the Mull and Iona, Tiree, Coll telephone directories.

Health Improvement Team contact: Angela Coll angela.coll@nhs.scot

HELENSBURGH AND LOMOND LWN



Helensburgh and Lomond LWN Coordinator:

- Veronica Ferguson
- helensburghlivingwellnetwork@btinternet.com
- 07799031649
- [facebook.com/https://www.facebook.com/LWNHelensburgh](https://www.facebook.com/LWNHelensburgh)

160 LWN members
154 Facebook followers



Veronica Ferguson

Highlights 2023/24

- ★ A warm welcome to Veronica, who started in post as LWN Coordinator in August 2023.
- ★ LWN now has a monthly Living Well Column in the Helensburgh & Lomond Community Advertiser.
- ★ APD grant funding allocated through the LWN to local organisations: Welcome In- Recovery Cafe, Route 81, Cove & Kilcreggan Youth Cafe, LiveArgyll, Helensburgh & Lomond Foodbank and Enable.
- ★ The LWN produced an information leaflet with useful numbers, such as: helplines; emergency numbers; GP Practices; support groups; community spaces etc. including a QR code to <https://destinationhelensburgh.org/>
- ★ Veronica attended a two day art of hosting workshop at Barmulloch as part of Community Assets workstream.
- ★ Attended the welcoming of Ukrainian families to Helensburgh and supplied information leaflets.

Health Improvement Team contact: Angela Coll angela.coll@nhs.scot

ANCHOR ACTIVITY IN LOCAL COMMUNITIES

Public Sector organisations play an important role in supporting environments and conditions that are conducive to health and wellbeing, for example by employing staff, buying services, owning buildings etc.

HIGHLIGHTS

- Dunoon was selected as a one-off demonstrator town in Scotland for learning about how the **Place Standard Tool** can encourage the public sector to take a place based approach to planning. This work concluded in 2024 and is informing national place based and equity strategies.
- Dunoon was chosen as a pilot town for the **Shaping Places for Wellbeing** programme, which focused on enhancing wellbeing by addressing inequalities. The team played a key role in exploring the experience of place has on those living and working in Dunoon and examining how local plans and strategies can shape the overall experience of the community.
- Details of how recommendations from the Levelling Up Bid Assessment led to the creation of the Active Travel Behaviour Change Plan and the partnership work involved, can be found at:

<https://bit.ly/GettingMovingInDunoon-AnImpactStory>

Place and Wellbeing Outcomes, Getting Moving In Dunoon: An Impact Story



Shaping Places for Wellbeing Programme



- The team contributed to **NHS Highland's Anchor Strategy** required by the Scottish Government.
- The team contributed to research into how **Community Wealth Building** can be adopted as a Community Planning strategy in Argyll and Bute. This was led by the Third Sector Interface and is informing Argyll and Bute Council's economic strategy. The premise of this work is to keep the wealth generated in Argyll in our local communities.
- The team supports the **Climate Action** steering group in Argyll and Bute and jointly funds a development worker in Community Planning to co-ordinate and develop strategies to mitigate and adapt to the climate emergency. An important part of this work is working with our communities.

COMMUNITY LINK WORKING

Community Link Workers are based in GP practices and connect people to support or resources in their local area. Social issues such as debt, relationships, and loneliness affect people's health and wellbeing. Link workers work in a person-centred way to help people find the best support for their problems.

Community Link Workers use 'social prescribing' to connect people to sources of support or resources within their community. Issues that CLWs can support with include the social determinants of health and wellbeing such as debt, relationships, employment, housing, loneliness etc. This approach recognises that addressing these issues can improve health and wellbeing.

In 2023/2024, the Community Link Worker service could be accessed through referral from 12 GP practices across Argyll and Bute. This service provision targeted the practices with the highest percentage of patients living in the more socio-economically deprived areas.

We Are With You, are contracted to provide the CLW service for Argyll and Bute. This third sector partner has been working in Argyll and Bute since 2015 and has a strong understanding of the needs of our remote and rural area.

A comprehensive review of the service was undertaken in 2024, reviewing feedback about the service and outcomes for the people of Argyll and Bute between December 2021 and March 2024. Highlights of this review are included below. The outputs and outcomes from the service are extremely positive and demonstrate how the service can contribute to the HSCP strategies priorities of prevention, early intervention and enablement; living well and active citizenship; building capacity within the 3rd sector and targeting resources where they have the most impact.

HIGHLIGHTS

812 referrals over the first two years of the contract, with a 72% attendance rate.

Those who have used the service reported:

- It was easy to get an appointment.
- They felt listened to, treated with respect and compassion.
- They felt connected with the right sources of support.
- 94% felt their health and wellbeing had improved.
- 91% of those who had left the service and completed the Short Edinburgh Short Warwick-Edinburgh Mental Wellbeing Scale reported a positive change in their wellbeing. The level of positive change across all respondents is high, at +5.17 on the wellbeing scale. Studies have shown that a change of between 1 and 3 points on this scale meets the threshold for statistically important change and that for each point increase, there is a reduction in required healthcare costs.

[Read our CLW reports here](#)

we are
withyou
at Argyll and Bute
Community Links



The Community Link Worker (CLW) service can be accessed through referral. For more details ask your GP practice or email: argyllbutelinks@wearewithyou.org.uk

CLIENT FEEDBACK

“ If it wasn't for the [service], I wouldn't be on this journey to better myself and move on from the past [...] that has been haunting me for years ”

“ Definitely feel that having the link worker support me and help me find the correct resources has made a huge difference and achieved so much. I am very grateful for the time, effort and compassion that was shown to me and I feel like a lot of people would really benefit from the same experience I had ”

“ I have Dr X to thank for the best referral any doctor has given me. The CLW allowed me to talk, get upset, and be nonjudgemental. I'd never have thought 4 months ago I'd have improved so much. ”

“ The Links Worker was my lifeline. ”

“ I felt that pills on their own were not the answer to my problems. ”

SMOKE FREE TEAM

Reducing the harms from smoking in Argyll and Bute by implementing NHS Highland's Tobacco Strategy, and working towards the Scottish Government aim of Scotland being smoke free by 2034.

HIGHLIGHTS

Advisers have continued to deliver a quality service to help people to stop smoking with flexible client centred appointments offered face to face, by video conference or telephone.

Advisers continued to support various health improvement events across the area in conjunction with other services e.g. Oral Health Week with Dental Services.

Advisers took on extra training to allow them to have informed conversations with clients about Public Health screening, for example, for bowel cancer.

The team developed health behaviours change skills allowing them to have better goal setting conversations.

Advisers promoted "No Smoking" day with stalls across Argyll and Bute.

The team meet biweekly to discuss clients and emerging trends and issues such as youth vaping.

See also smokefreehighland.scot.nhs.uk

QUIT YOUR WAY
with our support



Clockwise from top left:



Caroline,
Gerry,
Iona,
Kathy

'SMOKE FREE' P7 EDUCATION PROGRAMME

Working in all primary schools using a drama production to raise awareness of the dangers of smoking.

HIGHLIGHTS

In April 2023 the Smoke Free drama tour performed live for the first time since the COVID-19 pandemic. Raenbow Productions delivered Argyll and Bute's bespoke engaging and interactive production to pupils in primary school across Argyll and Bute.

The Smoke Free team and Argyll and Bute's Education Department responded to feedback from schools to improve the P6/7 lesson plans last year. Current issues such as Black Lives Matter, vaping and the impact of smoking and vaping on the environment are now discussed by pupils.

The Smoke Free team were delighted to have the support of Argyll and Bute's Oral Health Team to support the delivery of the Smoke Free Tour and engage with pupils on the impact smoking has on oral health.



The "Smoke Free" drama tour performed live in 7 schools throughout Argyll and Bute and reached 200 pupils.

'SMOKE FREE' S3 HEALTH DRAMA: 'YOU ARE NOT ALONE'

Engaging with all Secondary Schools to deliver a drama production to address topical issues young people may have difficulty with.

HIGHLIGHTS

Our S3 Health Drama Programme, You Are Not Alone, jointly led with Education was delivered live in 8 schools across Argyll and Bute.

The drama production consists of three vignettes that address issues including smoking and vaping, alcohol, sexuality, mental health, coercive relationships and sending nude photos.

The health programme allows young people to discuss the issues raised in the drama, consider their own situations and supports, engage with service providers with a Q&A session and explore the issues further in class lessons.

After feedback from services and the young people it was agreed to move the Drama to S2 pupils in Argyll and Bute, meaning 2024 performance would be a double performance for S2 and S3.



949 pupils received the S3 Health Drama Programme. Many Third Sector organisations, NHS Colleagues and Council Colleagues supported the programme, informing young people about their services.

SEXUAL HEALTH

Improving sexual health and knowledge to minimise risk of Sexually Transmitted Infections (STIs), including HIV, and reducing health inequalities across Argyll and Bute via a contract with Waverley Care.

HIGHLIGHTS

Continued awareness raising of free condoms and the ability to order condoms by post for those living in Argyll and Bute.

Condoms by post provision via Wave website

- 46 orders from young people
- 190 orders from adults

Support for people living or affected by HIV includes – physical health, discrimination and stigma

HIV / syphilis point of care tests carried out

Argyll and Bute residents were supported on their life journey living with, or affected by HIV



ONLINE RESOURCES

- ★ NHS inform: <https://www.nhsinform.scot/self-help-guides/self-help-guide-emergency-contraception>
- ★ Waverley Care: <https://www.waverleycare.org/support-and-advice/sexual-health>
- ★ Free condoms available by post: www.waverleycare.org/condoms-by-post

SCREENING INEQUALITIES

Raising awareness of the importance and benefits of health screening with particular attention on people less likely to participate in screening.

HIGHLIGHTS

Argyll and Bute's Screening Engagement Officer delivered screening awareness sessions to groups and organisations who support people less likely to participate in the NHS Health Screening Programmes. The sessions had good attendance and were positively evaluated.

The Screening Engagement Officer also attended many community health events including the Mull Pain and Wellbeing Roadshow where information on screening was discussed and shared.

Engagement identified why some groups and individuals perceived barriers to participating in screening. Some barriers were identified, Scottish Government received a report at the end of the project outlining these barriers.

Work continues on the development of a Turas Screening Training Module which will be available to anyone in Scotland working with groups or individuals less likely to participate in screening.



Registering with a GP and ensuring address details are up to date is essential to ensure inclusion in NHS Scotland Screening Programmes



SUICIDE PREVENTION STRATEGIC GROUP

Coordinating a partnership approach to suicide prevention in Argyll and Bute.

HIGHLIGHTS

Bimonthly meetings continue with regular presentations given from guest speakers and representation and support from Public Health Scotland.

Following on from the new National Suicide Prevention Strategy and Action Plan Creating Hope Together, work has commenced to develop a local action plan for Argyll & Bute. This will involve utilising the knowledge and experience of partners, communities and individuals.

After reviewing the way suicide prevention is delivered in Argyll and Bute, it was agreed a post would be hosted in public health from 2024. The post will be responsible for delivering on the actions in the creating hope together strategy at a local level.



Photo by Ken Clark



Dunoon Burgh Hall and other buildings across Argyll and Bute were lit in purple to raise awareness of World Suicide Prevention day on 10th September 2023

COOL2TALK

Supporting young people to access local or national services, health information, and providing a forum for discussing health and wellbeing matters.

Cool2Talk is an online support service for young people aged 12-26. Young people post a question to the website then receive a bespoke answer within 24 hours, 361 days a year, signposting them to appropriate services including sexual health services, emotional support resources and other health related issues. The service is closed for public holidays at Christmas and New Year.

HIGHLIGHTS

Mid Argyll Youth Development Services (MAYDS) continued to deliver the service in 2023 to 2024.

Thanks to the following partners for their continued financial commitment to the health and wellbeing of young people in Argyll and Bute: ADP, Public Health, and HSCP Children and Families.



COOL2TALK.ORG

- ★ 98 questions answered in 2023-2024.
- ★ 41 questions were asked about emotional health, 33 were about relationships.
- ★ Females between the ages of 14-16 make up the largest proportion of those who use the website.

MENTAL HEALTH FIRST AID FOR YOUNG PEOPLE

Delivering youth mental health and wellbeing training and how to support individuals to seek support and/or engage with services.

HIGHLIGHTS

Virtual delivery enabled participation from all over Argyll and Bute including Bute, Cowal and Mull among others.

19 people attended the online training from 8 different organisations. Those attending included staff from the HSCP, education and various third sector organisations.

Participants reported increases in:

- Confidence in asking if someone is having suicidal thoughts
- Understanding of their own mental health and wellbeing
- Confidence in challenging stigma
- Confidence in supporting someone to engage with appropriate services
- Confidence in approaching someone displaying mental health distress to offer support



- ★ **Course content:**
 - What is First Aid for Youth Mental Health?
 - Identifying mental health conditions
 - Stress
 - Mental health conditions
 - First Aid for Mental Health action plan
- ★ 2 First Aid for Youth Mental Health courses were commissioned and delivered online in each 3 x 3-hour sessions over a two-week period).

CHILD POVERTY ACTION GROUP

Tackling child and family poverty in line with Scottish Government targets to address child poverty by key dates of 2023 and 2030.

HIGHLIGHTS

The Independent Food Aid Network Worrying about Money leaflets have been distributed to range of health settings and community events, including Chronic Pain workshops.

In addition to the English language version, following consultation with attendees, versions of the Argyll and Bute leaflet have been developed in Easy Read, Polish, Ukrainian, Arabic and Gaelic – thanks to the Independent Food Aid Network

<https://www.worryingaboutmoney.co.uk/argyll-and-bute>



Who are the Argyll and Bute Child Poverty Action Group?

- ★ A multi-agency group formed in 2019 with representatives of Argyll and Bute Council, NHS Highland, Third Sector and other partners looking at utilising resources to make a difference to those living in poverty.

MONEY COUNTS INCOME MAXIMISATION COURSE

Building the knowledge and confidence of staff and volunteers working with people that may benefit from support to maximise their income.

HIGHLIGHTS

The **Money Counts Income Maximisation Course (Level 1)** is a short awareness raising session to support staff working with people to discuss money worries and sources of support. It continues to be delivered in partnership with colleagues from Argyll and Bute Council and Health Improvement Staff from Argyll and Bute and North Highland. This gives staff throughout Argyll and Bute access to more sessions.

Attendance is increasing from staff working in partner agencies out with the NHS and HSCP

10 Money Counts information sessions were delivered in 2023 to 2024, 37 participants from Argyll and Bute attended these sessions. Attendees surveyed reported an increase in confidence in their ability to talk with someone about money issues after the session.



Course Objectives:

- ★ Have an increased understanding of poverty and its impact;
- ★ Have increased confidence to ask about money worries
- ★ Gain knowledge of support services for money matters.

HEARTSTART

Teaching basic emergency life support in the community and schools.

HIGHLIGHTS

19 schools participated with 677 pupils trained, almost a quarter of school in Argyll and Bute now receive Heartstart input. 10 more school have committed to receiving training.

18 new instructors trained, meaning there are now 58 active instructors

507 members of the public trained in the past year
Significant increase in numbers trained (general public up by 109 and school pupils up by 290)

A very strong, motivated group has been built up in Cowal. 15 staff at Rothesay Joint Campus have received the first half of their instructor training and in June Dunoon Grammar both staff and senior pupils are going to train as instructors. In Tobermory all primary and secondary pupils have been trained.



- ★ Volunteers given a certificate and badge in recognition of their support and years of volunteering.

EQUALITIES

Reporting on Equality Outcomes and Mainstreaming within Argyll and Bute as part of our statutory responsibilities.

HIGHLIGHTS

Staff from the Health Improvement Team reported on work towards making Argyll and Bute Health and Social Care Partnership an inclusive place to work and live.

Work outlined in the report included; money counts training delivery, screening inequalities work and the introduction of Planet Youth pilots in Argyll and Bute.

The report is an interim report covering the period 2021 to 2023. Equality outcomes were reviewed via engagement with Locality Planning Groups. New outcomes will be developed and reported in 2025.

The report is published on NHS Highland's website.
Available at:
<https://www.nhshighland.scot.nhs.uk/about/argyll-and-bute-health-and-social-care-partnership/argyll-and-bute-hscp-publications/equality/>



Argyll and Bute Health and Social Care Partnership Equality Outcomes and Mainstreaming Interim Report 2023

The report was approved at a meeting of the Integration Joint Board in July 2023

HEALTH PSYCHOLOGY AND WEIGHT MANAGEMENT

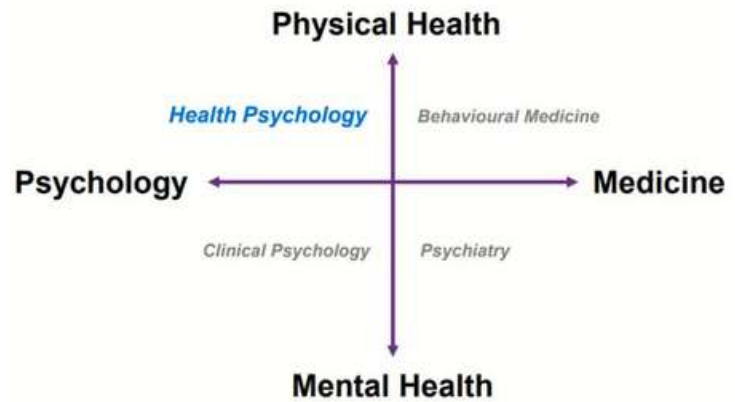
Integrating health psychology theory and practice in the weight management service in Argyll and Bute.

HIGHLIGHTS

Between February 2022 and February 2024, Argyll and Bute HSCP employed a trainee health psychologist to work jointly between Public Health and Dietetics. Their clinical role was developed within the Specialist Weight Management Service (and focused on developing and delivering specialised psychological support for the people of Argyll and Bute who met the criteria for tier 3 weight management intervention)

2023/2024 was year two of this multidisciplinary Health Psychology pilot, developed in line with Scottish Government Type 2 Diabetes (T2D) Prevention Framework with the aim to improve effectiveness, equitability and consistency of weight management services for the people of rural Argyll and Bute

In 2023/24, the team continued the pilot to employ evidence-based behaviour change tools and techniques, nutritional/psychological education and psychological interventions (e.g. acceptance and commitment therapy, compassion-focused therapy, motivational interviewing) within weight management services.



Participants reported significant reduction in frequency of thoughts around food, with noticeable increase in positive thoughts about food, significant reduction in overall psychological suffering, and significant reduction in anxiety and depression scores.

Our Trainee health psychologist Giulia Spaltro successfully completed her training programme during this pilot, and is now a qualified Health Psychologist. We would like to thank Giulia for her time with us and wish her all the best in future.

MAP OF HEALTH BEHAVIOUR CHANGE TRAINING

Delivering health behaviour change training across NHS Highland



HIGHLIGHTS

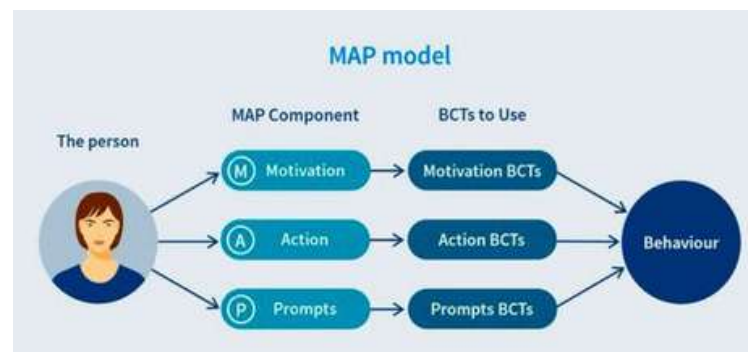
All health and care staff have a unique opportunity to support people to make changes to their behaviour that can have a positive impact on their physical and mental health and wellbeing. The training increases confidence and capability in staff to provide behaviour change support to the people they care for.

It provides a guide to structure behaviour change conversations and evidence-based behaviour change techniques (BCTs) which help people make changes

In 2023/2024 we worked to increase our training capacity across NHS Highland and delivered 3 training courses to 27 participants from a range of professions.

There are now 8 trainers across NHS Highland who will continue to increase training support in the coming years.

This [short video](#) gives a summary of the Learning Programme



“ I felt I got a better understanding how helping people to change their behaviour's by getting them to think about how they can make the changes instead of me doing it for them. ”

“ I found the content very good. The protocol taught is accessible and I can see its usefulness across lots of practice disciplines. I found this training very helpful; giving me a space to reflect on the way I interact with patients and it gave me a confidence to use more structure in my conversations when discussing behaviour change. ”

ARGYLL & BUTE ALCOHOL & DRUG PARTNERSHIP (ADP)

Preventing and reducing alcohol and drug use, harms and related deaths in Argyll and Bute.



The Argyll and Bute ADP Support Team supported a wide range of activity in the Argyll and Bute ADP strategy and four pillars of Early Intervention and Prevention, Recovery Orientated Systems of Care, Getting It Right for Everyone and Public Health Approach to Justice.



Image: Attendee's enjoying some cold water therapy at Kintyre's first ever Recovery Walk

HIGHLIGHTS

- The ADP committee continued to meet every two months, and a new independent chair was appointed in March.
- As part of the development of Local Early Warning Systems and Drug Intelligence a new multi-agency group to help prevent drug deaths was established.
- A new **MAT 8 Group** to take forward MAT Standard 8 was developed and produced a **local MAT 8 leaflet** and graphic for service pathways ([https://www.argyllandbuteadp.info/img/MAT8_leaflet_version_5_\(3\).pdf](https://www.argyllandbuteadp.info/img/MAT8_leaflet_version_5_(3).pdf)). The resources will inform people affected alcohol and drugs of the supports available and how to access them.
- Leading on the MAT Standards Experiential Research which was delivered by Scottish Drugs Forum this peer research initiative gathered feedback from 46 people who have experienced MAT, families and services, providing valuable data for the MAT Improvement Plan.
- In partnership with the Smoke Free Team and Education the You Are Not Alone Drama Programme was delivered to 8 secondary schools. "Planet Youth" was implemented in 5 secondary schools and a review of the Alcohol and Drug School Support Services undertaken informing how the service should be shaped.
- Communities received small and medium sized grants to develop recovery and prevention throughout Argyll and Bute, highlights of which are within the ADP Annual Report.
- Training delivered by Scottish Recovery Consortium (SRC) as part of WithYou's development of recovery communities lead to Kintyre hosting its very first Recovery Walk to make recovery visible, reduce the stigma and celebrate recovery. Around 30 people attended the community event in September; the day started with a memorial ceremony then some cold-water therapy and a recovery walk.

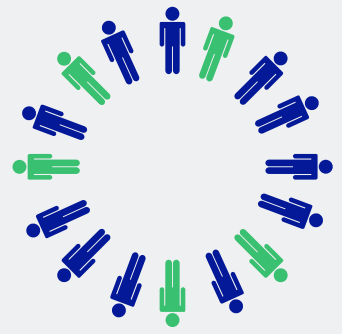
Local MAT 8 leaflet:



More details can be seen within our Annual Report

https://www.argyllandbuteadp.info/img/adp_annual_report_2023-24_final_for_circulation.pdf

THE ARGYLL AND BUTE PUBLIC HEALTH TEAM



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Health Improvement
Team

Public Health Intelligence
(PHI)

Alcohol and Drug
Partnership (ADP)

Health Improvement Team

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Rory Munro

Health Improvement Lead
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A special note of appreciation is given to those who have now moved on to new opportunities.

We also extend congratulations to those promoted, and a warm welcome to the new additions to the team.

For more information on any of the topics covered, please email:
nhsh.abhealthimprovement@nhs.scot

Health Improvement Team continued...

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Plus our Bank Health Improvement Seniors from Spring 2022, who have provided additional capacity to respond to changing Public Health demands.

The 'Smoke Free' Team:

Iona McMurdo

Smoking Cessation Officer (Part-time)
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JoAnne Loughlin

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Kathy Graham

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Caroline Glen

Smoking Cessation Officer (Part-time)
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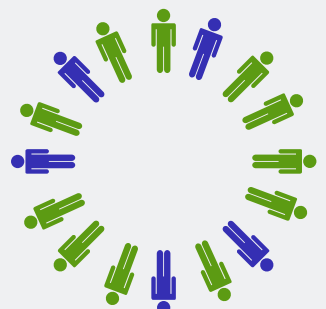
Gerard Dougan

Smoking Cessation Officer (Part-time)
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Health Psychology

Giulia Spaltro

Trainee Health Psychologist
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Public Health Intelligence

Saskia Schmitz

Public Health Intelligence Specialist (Part-time)

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The Public Health Team's presence online

(including data published by the Public Health Intelligence Team):



www.ablivingwell.org



@HealthyArgyllandBute (facebook.com/HealthyArgyllandBute)



NHSH.ABhealthimprovement@nhs.scot



Alcohol & Drug Partnership (ADP) Support Team

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Asia Nicoletti

Health Improvement Adviser

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The ADP's presence online:



argyllandbuteadp.org.uk



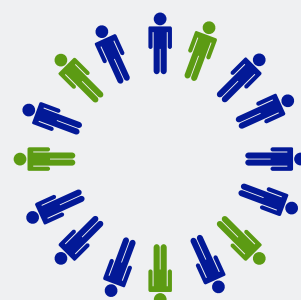
@ArgyllandButeADP (facebook.com/ArgyllandButeADP)



@ArgyllADP (twitter.com/ArgyllADP)



NHSH.argyllandbuteadp@nhs.scot



USEFUL CONTACTS AND LINKS

If you are struggling or need advice you can contact any of the organisations below for help.

Breathing Space
Open up when you're feeling down

Opening hours
Weekdays: Monday-Thursday 6pm to 2am
Weekend: Friday 6pm-Monday 6am

Need help now? Call free on
0800 83 85 87

SAMARITANS

Call us any time, day or night
Whatever you are going through, you can call us any time, day or night, from any phone for FREE.

Call 116 123

shout
85258

Txt 'shout' to 85258 for help.
We are here for you 24/7

NHS inform

For latest health advice and everyday health concerns
www.nhsinform.scot
Freephone
0800 22 44 88

Tel. 111 **NHS 24**

For urgent care advice, day or night, and health and dental support when your GP practice or dentist is closed.

LanguageLine[®] InterpretingSM

If life threatening call 999

we are withyou

Free, confidential support to people experiencing issues with drugs, alcohol or mental health (and their friends and family).

wearewithyou.org.uk

scotland's domestic abuse and forced marriage helpline

www.sdafmh.org.uk
Tel. 0800 027 1234

LGBT foundation

www.lgbt.foundation
Tel. 0345 330 3030

citizens advice bureau

For financial or legal concerns
www.abcab.org.uk
Tel. 01546 605 550

Children 1st

Parentline
Online | Helpline | Lifeline
call free 08000 28 22 33

GamCare Gambling support at: www.gamcare.org.uk Call free: 0808 8020 133



living life to the full

