



Councillor Bill McIntosh

Chair of the South Ayrshire Community Planning Partnership

During a lifetime, we all have to face up to health issues at some point either our own or those of family and friends. Whatever you're dealing with, there is a wide range of support available throughout South Ayrshire. This can range from rehabilitation to having meals delivered to your home, with the focus on achieving the best possible outcome for the individual. In this edition of Bitesize, we take a look at what this means in practice.

Support When It's Needed

Olive Forsyth, who lives in Troon, was fit, healthy and active when she celebrated her 80th birthday in February. In May this year, Olive suffered a severe stroke and was taken to Ayr Hospital and after three weeks, was transferred to the Biggart Hospital in Prestwick where her rehabilitation began.

Following successful rehabilitation, Olive was soon back in her own home surrounded by her family and being supported to look after herself, which is the main objective of the Reablement service.

Carers have been visiting in the morning and encouraging her to do things for herself such as showering and dressing. The only adaptation she has needed in her home is a special shower rail.

Olive has been making such good progress that the carers are about to stop visiting on a daily basis.

Relearning skills has been a challenge for Olive but with support from her husband and others, she has made great progress. Just 10 weeks after her stroke Olive has managed to cook a meal for the first time and can now go up and down stairs on her own. Every day Olive goes out for a walk and is looking forward to being able to do light housework and socialise with her friends.

Olive still visits the Biggart Hospital twice a week where she has physiotherapy and exercise sessions and is learning to write again.

Speaking about the service Olive said: "I wouldn't be as far advanced and wouldn't have known where to go for the combined professional services if it hadn't been for the reablement service.

"I have nothing but praise for the service and the wonderful support I have received. I cannot stress enough how important this holistic approach has been to improving my life after my stroke."



Training For Better Mental Health

The 'Towards a Mentally Flourishing Ayrshire and Arran' action plan aims to promote positive mental health and wellbeing and provide support for people who are more vulnerable to experiencing poor mental health due to their life circumstances.

The action plan is now one year old and a number of positive developments have taken place: sheltered housing employees in South Ayrshire have participated in Managing Your Well-being training so they can support residents to improve their mental wellbeing; two seminars and one training event have taken place to build employee skills around the importance of infant mental health; and Wellness Recovery Action Plan training has been delivered to support workers and carers of people with learning disabilities.



Community Health Partnership (CHP) Profiles

The 2010 South Ayrshire CHP Health and Wellbeing Profile has helped to inform the work of the Community Health Partnership.

Areas showing clear signs of improvement in South Ayrshire are: life expectancy continues to increase; premature deaths from cancer are below the Scottish average; uptake of breast screening is higher than Scottish average; early deaths from coronary heart disease have dropped since 2008; and hospital admissions for coronary heart disease are also decreasing

There are areas that need to be improved in South Ayrshire: alcohol-related hospital admissions are increasing and are significantly higher than Scotland as a whole; mental ill-health is significantly worse than in other parts of Scotland. Hospitalisations of people over 65 years of age as a result of falls is significantly above the Scottish average and breast-feeding and smoking in pregnancy remain significant challenges.

The profiles have highlighted potential priorities and areas which require to be targeted in South Ayrshire and will be used to shape forward planning. The full set of profiles can be accessed via www.scotpho.org.uk/profiles

Getting To Know You . . . David Kiltie

In this Bitesize, we get to know a bit more about David Kiltie.

David Kiltie, Deputy Chair of the South Ayrshire Community Planning Partnership is a community representative for the people of Carrick.

Keen to encourage communities to engage with the Council and other agencies – and not simply complain about decisions – he is passionate about partnership working and teamwork.

David said: *“I have always been keen on listening to the views of others and this has been invaluable to me while working on behalf of people of Carrick and South Ayrshire – over more years than I care to remember!*

“I have been involved with the local council one way or another since 1969. Over the years I’ve been involved with many others to organise and promote lots of activities and we have attracted over £6 million in grants for a variety of projects.

“Helping the community to help themselves is important, by harnessing local energy and enthusiasm and working together we can achieve so much.

“I see my role on the Community Planning Partnership as someone who can be a link from the communities to the Partnership and back. Any individual who comes to me with ideas, I will put them forward to the Partnership.

“Improved community engagement is the key to us moving forward together. For example, the Partnership has been working with Carrick Community Councils’ Forum to look at innovative ways to communicate with local people. This, hopefully, will lead to a new way of working together.

“I would encourage everyone to get involved in their local community, engage with the South Ayrshire Community Planning Partnership and be a part of shaping the future of South Ayrshire and the lives of people who live there.”

Work, Health and Wellbeing

Unemployment can bring deterioration in physical and mental health and wellbeing. Returning to work after being unemployed can lead to a significant health improvement as a result of better mental wellbeing, a new sense of purpose and financial and social gain.

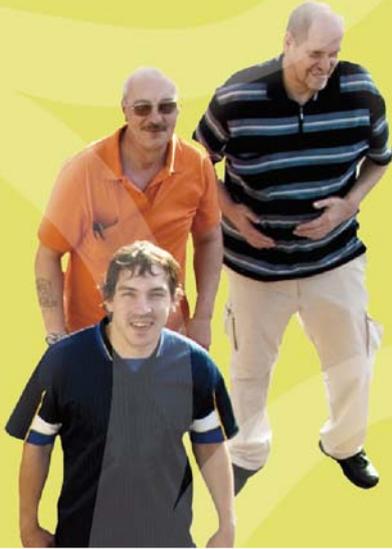
Since being established a year ago by NHS Ayrshire & Arran, the Work Health and Wellbeing Working Group has been achieved:

- Employability and health training for frontline health, housing and social work employees.
- A single point of contact in the Access to Employment Service which will receive health related referrals in South Ayrshire.
- Staying Healthy Whilst Out of Work training offered to those who are out of work or at risk of losing their jobs.
- The NHS is working closely with Job Centre Plus and Skills Development Scotland to provide training programmes and work placements in the organisation.

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Mental Health Information

For more information about mental health resources and support, log on to www.south-ayrshire.gov.uk/health/mental-health.aspx



Adult Protection

Protecting vulnerable adults, people over 16 years old, who are in danger of being harmed or abused because they have a disability, an illness or a physical or mental condition which incapacitates them is the responsibility of everyone. To learn more about this and the work of South Ayrshire Adult Protection Committee, log on to www.south-ayrshire.gov.uk/health/adult-support-protection



October Community Events

**Maybole Town Hall,
Wednesday 5 October 2011**

**Carrick Buildings, Girvan
Monday 10 October 2011**

1.30pm-5pm: Drop-in session with 'marketplace' of stalls, agency representatives and local organisations.

7pm-9pm: Evening session with small group discussions and question and answer session.

These events give you the chance to find out about the work of the partners involved in South Ayrshire Community Planning Partnership, celebrate the achievements of local communities and highlight issues for the partnership and community to address.

It's all about your community, so come along and have your say.



Piloting a new approach to community engagement

South Ayrshire Community Planning Partnership – which includes representatives from South Ayrshire Council, NHS Ayrshire & Arran, Strathclyde Police, Strathclyde Fire and Rescue as well as other agencies, the voluntary sector and the community – already consults local communities in a number of ways.

We want to make sure we do this in the best way possible and give you the chance to have your say on local topics that relate to our partnership working.

We're piloting a new approach to community engagement in one urban and one rural area – Troon and Carrick – with community engagement events in Troon, Maybole and Girvan.

At each of these events, you'll have the chance to find out what we're doing in your area, celebrate the achievements of local communities and highlight issues for the partnership and community to address. These could be issues such as anti-social behaviour, traffic management, affordable housing, developing tourism or access to services and facilities.

You can drop in to our afternoon session (1.30pm-5pm) and check out our 'marketplace' of stalls, agency representatives and local organisations. Alternatively, you can come along in the evening (7pm-9pm) and take part in our group discussions and question and answer session. You can even do both if you want!

This is your chance to find out what community planning means in practice and the difference it can make to you.

If your community group or organisation would like to book a table or be part of our marketplace at any of these events, contact **Colette McGarva on 01292 616421** or at Colette.mcgarva@south-ayrshire.gov.uk.

Further information can be found at www.south-ayrshire.gov.uk/communityevents.

COMMUNITY PLANNING

Telephone : 01292 612134 www.south-ayrshire.gov.uk/cpp

