Cover story
South Lanarkshire Positive Ageing Event

plus . . .
Spotlight on Health and Wellbeing and Legal Matters
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Welcome to the Autumn 2019 edition of the Chronicle, the newsletter of Seniors Together.

We have been contacted by our colleague Joe Allan in East Kilbride who is looking for information about Loss of Scottish Military Lives.

"Members of His Majesty's Armed Forces who died in service between 1922-1939

I write, to enquire whether, among your readers, there is anyone who, in the period indicated above lost a family member, friend or colleague serving in the armed services, or a fellow airman, sailor or solder, and whose family and home were in Glasgow or Lanarkshire at the time of the death.

Since that time, of course, families may well have moved elsewhere.

This request for information is for the purpose of commemorating the deaths of those serving in the armed forces in the period 1922-1939. All information provided will be treated in the fullest confidence”.

If you can help him please send the details to us or phone the office and we will pass them on to Joe. It would be good if we were able to help him out.

On another note I wanted to let you know that I have been out and about representing your voice. I've been with the Scottish Pensioners Forum making sure we make a noise about the TV licence changing and I've been in Edinburgh at a conference regarding the integration of Health and Social Care. I have been ensuring that organisations like The Accounts Commission know that Older Peoples voices are not often being heard as part of the developing agenda in this process.

It’s not always easy for us to get to meetings or even be involved in this type of conference due to cost or where they are held, therefore I try to ensure I represent the things that older people are saying to us in Seniors Together.

I keep up the mantra of don’t talk about us without us!

In South Lanarkshire we would love it if we could see a scheme developed where very vulnerable older people are given small bags of grit to use for the internal paths of their homes so that they can reach their front gates or bins safely. This has been challenging to get started but we continue to try!

I am hoping for a mild winter for us all.

As always as I sign off I encourage you to get out, get active and get involved to keep good physical and mental health and wellbeing in later life.
Dorothy Freeburn

Obituary

Dorothy was a real go getter.

Whenever there was a new idea or development at Seniors Together, Dorothy was always at the forefront to try it out or take part.

She helped to promote Seniors Together by having her photograph taken for publicity leaflets, newsletters and photoshoots when everyone else was feeling embarrassed Dorothy didn’t mind as long as it was helping others out.

Even although the first Active day was set up in Blantyre she travelled all the way from Larkhall every Tuesday to support it till eventually she helped set one up in Larkhall…….that was Dorothy. She was an active member of her local bowling club and was in the Scottish Ladies team. For many years she ran the lunch club in McWhirters Home and was a key member of the Neighbourhood watch group.

In the Health and Wellbeing group she would bring forward issues raised by the members of her lunch club to officers in health and social work to ensure that the most frail and vulnerable older people were having their voices heard. She had no favourites….she was kind to everyone.

When we set up the Mobile Men’s Shed Project she even helped us to promote that!

Dorothy knew loads of women and men she could promote the shed to. Although we are currently exploring other ways of trying to deliver this service it does not take away from the fact that this is a crucial service for older people that no longer exists. We believe we should not have to depend on volunteers to cut our toe nails and will be raising this with SOPA as something that we should be speaking with Scottish Government about particularly under the framework of a Fairer Scotland for Older People.

We will keep you posted in the newsletter however in the meantime if you have any comments regarding nail cutting we are keen to hear them. Please email or telephone us.

Seniors Together is delighted to announce that Catriona Mason, their Vice Chair has kindly offered to attend the Scottish Older People’s Assembly as our representative. When Donald Bulloch stepped down after his term as the Seniors Together rep it left a vacancy.

Catriona has experience in this area and will take forward issues to SOPA on our behalf to seek their support.

One key issue which was taken to SOPA by one of our members was Funeral Poverty and this was instrumental in bringing about the changes that are going through at present.

One of the issues which we hope Catriona will raise with SOPA is toe nail cutting. Although we are currently exploring other ways of trying to deliver this service it does not take away from the fact that this is a crucial service for older people that no longer exists. We believe we should not have to depend on volunteers to cut our toe nails and will be raising this with SOPA as something that we should be speaking with Scottish Government about particularly under the framework of a Fairer Scotland for Older People.

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The council’s Mobile Men’s Shed had undertaken its own ‘world tour’, visiting towns and villages across South Lanarkshire and even dropped in to Dundee to spread the word to an international audience.

In each location, it brought a taste of Men’s Shed activities and offered advice on starting a local group.

Its final appearance on the marathon undertaking was in Uddingston, and on hand to help mark the final appearance (for now) was Councillor Jim McGuigan, South Lanarkshire Council’s Spokesperson for Older People.

He said: “This tour has been a massive undertaking for our Seniors Together team, but it has been a thoroughly worthwhile one. People all over South Lanarkshire have discovered what a Men’s Shed can offer to their community, and now know how to set up a group and where to go for advice and assistance.

“This is something that can make a really positive difference to people’s lives, and the work put into make this tour possible is not only a credit to the officers who made it possible but also a boon to all those who visited the Mobile Men’s Shed and who now have heads full of ideas and possibilities.”

Planning the tour and staffing the Mobile Men’s Shed at every location was Seniors Together’s Paul Creechan, who has been delighted with the reception they have found at each stop.

Paul said: “It is always a thrill when we see a new Men’s Shed open its doors in South Lanarkshire, and this was the perfect way to let people know why they should think about having one and how to go about it.

“We literally took the message right to their doorsteps, and we were not only able to tell them about it but, thanks to the Mobile Shed, we could demonstrate to them what was possible.
“The community spirit amongst all the existing Men’s Sheds is incredible – they all swap advice and tips regularly – and this was evident in the number of times that members of other groups came along to talk to local people wherever we went on the tour. It was a great help and was heartening to me how much it meant to these members.”

Men’s Sheds operate in communities across South Lanarkshire and offer all men, including those who are retired or out of work, a chance to pursue hobbies and pastimes and share skills while also relaxing and socialising with a cuppa and a chat. Sheds are informal and no two need be the same, with each one developing in the way most suited to its particular members.

There are no set activities - for example, woodwork, engines, cards, darts, electronics, photography, cooking and lathe work are all popular pastimes, all with frequent tea breaks and a healthy dose of chat and laughter.

Paul added: “Each one takes on a life of its own, because Men’s Sheds work best when they are run by the men who use them, usually by an elected committee or by shed members and local people.

“Women are welcome at the sheds, too, of course, but men typically find it more difficult to build social connections than women, and unlike women of a similar age, fewer older men have networks of friends and rarely share personal concerns about health and personal worries.

“It is not the case for all men, but for some, when retirement comes, it can feel like personal identity and purpose is lost. Men’s Sheds can change all of that.”

Anyone wishing further details on existing Men’s Sheds or interested in starting one can contact Seniors Together by email at SeniorsTogether@southlanarkshire.gov.uk or by phone on 01698 454105.

A further flavour of what can be offered is available on Facebook and in a short film on the council’s YouTube channel.
Event was positively a success

South Lanarkshire’s first ever Positive Ageing Event was a huge success with older people from across the council area joining together for a day of fun and fitness.

The event, at John Wright Sports Centre in East Kilbride, was planned on the back of the massive success of the Active Days programme, which has grown from a once a week pilot project in Blantyre to now stand at seven Active Days taking place across South Lanarkshire every week.
Held on Friday 23rd August the Positive Ageing event offered activities including a pop-up cinema (complete with popcorn), health MoTs, dancing, exercise classes and a chance to discover more about creative activities for older people.

The day was organised by Seniors Together in South Lanarkshire and South Lanarkshire Leisure and Culture, Chair of Seniors Together Helen Biggins said: “Keeping active and involved as you grow older can have a transformational effect on physical and mental health and we are keen to continue to get ever more retired people in our communities supporting each other to get out and get active.

“This Positive Ageing Event is a celebration of how far we have come and a rallying call for us to keep at it and to keep recruiting to grow this happy band to an even bigger band of retired people keeping ourselves well. Our confidence is growing and our strength is growing and with this our health and wellbeing is improving in older age”.

South Lanarkshire Spokesperson for Older People Councillor James McGuigan said: “I congratulate Seniors Together and South Lanarkshire Leisure and Culture on organising and hosting a fantastic event and also offer a hearty well done to all those who attended.

“I have had the opportunity to visit many of the Active Day projects, the growing network of Men’s Sheds, Forward @ Fifty activities and much more and I have seen people’s lives being transformed by the benefits of taking part and keeping active”.

More information about Seniors Together is available on the South Lanarkshire Council website [www.southlanarkshire.gov.uk/info/200168/getting_involved_in_your_community/1510/seniors_together](http://www.southlanarkshire.gov.uk/info/200168/getting_involved_in_your_community/1510/seniors_together)
Healthy Valleys’ Reconnect project offers vital support to isolated older people living in rural South Lanarkshire. To date we have offered tailored support to over 300 individuals. We encourage our older people to come along to our health walks – a gentle stroll in the countryside – and to attend community cafés in Douglas, Lanark, Kirkmuirhill, Rigside and Carstairs Junction where they enjoy a nice light lunch and meet new people.

At the beginning of 2019 Healthy Valleys launched an extension to ReConnect which is specifically for housebound older people. This sensitive, free and confidential service offers home visits and telephone befriending to people over the age of 50 and staying in Coalburn, Douglas or Glespin. We were delighted to receive funding from Ventient Energy Galawhistle to provide this much needed befriending service to combat loneliness and isolation in the villages of Douglas, Glespin and Coalburn.

Healthy Valleys has recruited and trained a team of volunteers who have built caring relationships with lonely older people, visiting them in their homes or chatting on the telephone providing a vital link to their community.

Reconnect CDG has now been running for 6 months and we are already hearing about the positive impact it’s having on the lives of our beneficiaries and volunteers.

For participants the project has provided the opportunity for social connection, one told us “It’s difficult for men to admit they’re lonely, I look forward to him visiting, it gives me a chance to talk about things that matter to me.”

Our volunteers tell us that they feel valued and that they’re making a difference, “It’s a truly rewarding role, I know I’m the only person she speaks to some days, a few minutes of my time makes so much difference to her day.”

Project Worker Kate Williamson says “We’re so pleased that the project is making such a difference to people’s lives and I’m sure there are others who would benefit but don’t know about the project yet! If you know of anyone in Coalburn, Douglas or Glespin who is housebound and might benefit from a friendly phone call or a home visit then please contact me for further information. We are also recruiting volunteers to help us extend the service, so if you could give a couple of hours a week to support a lonely, isolated older person Healthy Valleys would love to hear from you!”

If you would like to join our team of amazing volunteers or know a lonely or isolated older person who would benefit from Reconnect please call Kate at Healthy Valleys on 01555 662496.
The Haven
supporting families affected by life limiting illness

The Haven is a registered charity providing support to people affected by a range of life limiting illnesses and to their family members and carers. The Haven supports people across the whole of North and South Lanarkshire through our centres in Blantyre, Wishaw and Forth, on a self-referral basis. All our services are free and totally confidential.

The word Haven means a safe or a peaceful place and The Haven is exactly that. A place where people affected by a range of life limiting illnesses can come for support at a time when they need it most.

We support people affected by illness such as cancer, multiple sclerosis, motor neurone disease, Parkinson’s disease and dementia and will signpost others to services appropriate to their needs.

A diagnosis of a life limiting illness can be a traumatic and life changing event, not just for the person living with the illness but for their entire family.

Our Haven Centres provide practical and emotional support to complement medical treatment provided through statutory services. Our centres are welcoming, comfortable and calm places for our clients to escape the stress and anxiety of living with a life limiting illness. We aim to alleviate physical and emotional distress by supporting clients and their families to live life positively with hope, by providing information and support at all stages of illness.

Clients can talk to our specialist nurses, access our range of therapies, engage with our peer support volunteers or they can simply find a quiet space to reflect.

One of our clients who is a carer for his wife who is living with dementia said: “Our relationships with family and friends have changed since my wife’s diagnosis of dementia as she has changed so much. It is very difficult to get people to understand what is happening with her. We were very lonely before coming to The Haven but now we have somewhere we can look forward to going that we can relax and communicate with people again.”

For more information on how The Haven can support you please visit www.thehavencentre.com Alternatively you can call us on 01698 727 884 or email info@thehavencentre.com
Care and Repair in South Lanarkshire is an independent charity which provides free information, advice and practical help to older people (aged 65 or over) or people of any age living with a disability to repair, maintain or adapt their home. This work is to help you change your home so that you can remain there safely, securely and independently for as long as possible.

**Repairs and Adaptations**
Our experienced officers can provide you with information, advice and practical assistance to assist you with major repairs or adaptations to your home. We can assist you through all stages including helping you assess extent of work required, obtaining estimates from reliable contractors, investigating sources of funding which might be available and ensuring work is completed properly.

**Safe as Houses Programme**
The Safe as Houses programme is free to everyone in South Lanarkshire aged over 65 and for anyone who has been a victim of crime. Equipment is fitted free-of-charge and can include door locks; viewers; chains; handle alarms; intercoms; personal safety alarms and timer switches for sockets. Our experienced Officer can also advise you on home safety specifically looking at avoidable dangers from slips, trips and falls within the home.

**Telecare and Key Safes**
Following a referral to Care and Repair, one of our Officers will visit your home and install any required wireless Telecare equipment that you need and also fit a Police recommended key safe to your property so that authorised persons can gain access to your home.

**Small Repairs Service**
We are currently investigating the possibility of restarting a Small Repairs Service in South Lanarkshire to assist people over the age of 65 and anyone living with a disability limiting illness.

The Small Repairs Service was a popular service assisting thousands of people across the region until funding was finally withdrawn in 2015.

<table>
<thead>
<tr>
<th>Year</th>
<th>Clients</th>
<th>Year</th>
<th>Clients</th>
</tr>
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<tbody>
<tr>
<td>2010</td>
<td>1270</td>
<td>2014</td>
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</tr>
<tr>
<td>2013</td>
<td>1966</td>
<td>2017</td>
<td>163</td>
</tr>
</tbody>
</table>

Historically the Small Repairs Service was a free service where clients only paid for the materials used to carry out the required work. Work included but was not restricted to:
- Replace broken sash cords, glazing
- Fit door and window locks
- Fit curtain rails
- Fit drought excluding measures
- Fit light bulbs, florescent tubes, pendant shades
- Unblock baths, sinks

The benefits of this service were many, for example:
- Tackle small repairs before they become major issues requiring a lot of money to put right
- Removal of hazards within the home leading to fewer slips, trips, falls and other accidents resulting in injury
- Affordable and quick response to an enquiry/callout
- Protect against rogue tradesmen and forceful doorstep sales regarding repairs
- Enable people to continue to live safely at home

We understand that an entirely funded Small Repair Service is no longer possible in South Lanarkshire and that we must look at other ways to fund such a service.

We have looked at other Small Repair Services operated in other regions by Care and Repair. Following this we would intend to put a paid for service in place and we are proposing the following:

**Option 1**
Clients will still pay for any materials used
There would now be a ‘Call Out’ fee of £15.00 for 1-hour work
A further 2 hours of work would be available at £12.00 per hour

**Option 2**
Clients pay for any materials used
Clients pay a membership fee of £50.00 per year – this entitles the client to unrestricted access to the service for one year.

These fees do not cover the running costs of a Small Repairs service and further funding will have to be obtained.
This is where you can help!

To assist us with funding applications we need to know what you think so we can pass your feelings on to funders.

We are going to set up a very short questionnaire in November on our web site https://careandrepair-sl.co.uk/ that you will be able to fill in and answer questions like:

1. Would you call on a Small Repairs Service for help?
2. Would you be willing to pay a call out fee of £15.00?
3. Would you be interested in a £50.00 annual membership?

In the meantime, if you live in:

Larkhall, Law, Carluke, Dalsert, Blackwood, Kirkmuirhill and Lesmahagow you can call on the Larkhall and District Volunteer Group www.ldvg.org.uk/

Rutherfurd, Cambuslang, Hamilton.
East Kilbride, Uddingston, Strathaven and Stonehouse you can call on the LEAP Hands On Project www.leap-project.co.uk/home/4585767069

Both organisation's may be able to assist you with the handy person service that they offer.

For any further advice please book a Home Fire Safety Visit by contacting your local Fire Station or by email to W SL Community Safety W.SLCommunitySafety@firescotland.gov.uk.

Emollient Creams

Emollients are moisturising treatments applied directly to the skin to soothe and hydrate it. They cover the skin with a protective film to trap in moisture. Emollient products are an important and effective treatment for chronic and often severe dry skin conditions, such as eczema and psoriasis. People should continue to use these products, but it is vital they understand the fire risk associated with a build-up of residue on fabric and take steps to mitigate that risk. The likelihood of fabric that has been in contact with emollient products catching fire through an individual smoking or being near a naked flame is low, but if this does occur it could cause severe burns which may prove to be fatal. We want users to be aware that fabrics which have contact with an emollient can be highly flammable, even after washing.

There have now been more than 50 deaths in the UK since 2010, where the build-up of emollients on bedding, dressings or clothing may have contributed to the speed and intensity of the fire. Many of these fires were caused by people who smoked and were unaware of the fire risks associated with emollient build-up on fabrics.

In Scotland there is estimated to be over 650,000 carers. This is 1 in 8 of the Scottish population who are involved in providing care and support to a family member, friend or neighbour. So, it is important that everyone is made aware of the risks when using a paraffin-based emollient.

Scottish Fire and Rescue Service (SFRS) is keen to engage and provide support to those involved in the delivery of care to ensure effective messages are delivered to assist in ensuring we protect those at greatest risk within our communities.

Where individuals are unable to comprehend the risk, and take the appropriate action, it is essential that SFRS engage with carers and care organisations to ensure appropriate levels of support are provided where required.

SFRS Community Action Team personnel will be utilised locally to engage and deliver key safety messages, deliver HFSVs and provide advice and onward referrals for additional support.

For any further advice please book a Home Fire Safety Visit by contacting your local Fire Station or by email to W SL Community Safety W.SLCommunitySafety@firescotland.gov.uk.
**Age Scotland**

- **Annual Conference** – The date of our annual conference has been confirmed as 20th March 2020 and will be held in Radisson Blu Hotel, Glasgow. Theme for the day will be Inclusion and Diversity: a day for discussion, networking, inspiration and celebration. Further details will be available as the programme is developed.

- **Malnutrition Project** – We are at present working with Age Well, Eat Well to recruit a number of lunch clubs throughout the country to take part in malnutrition awareness training and pilot a new paper armband designed to identify older people at risk of malnutrition.

- **Workshops** – Over the next six months Age Scotland has a selection of free workshops available to member groups. Workshops are available for groups of around 6-16 people and are around 90 minutes long but please get in touch if you need something slightly different. All we need from you is a suitable room for the training and refreshments for the people who attend. We can offer:
  - **Veterans awareness training** – did you know that half of armed forces veterans are over 75 and that many don’t know about the rights they have? Find out who counts as a veteran and what veterans are entitled to.
  - **Benefits awareness training** – 44% of older people entitled to Pension Credit don’t claim it, 19% don’t claim Housing Benefit, many more miss out on Attendance Allowance. Are you claiming all you are entitled to?
  - **Benefit and pension changes** – an update on what’s available, what’s changed and what’s coming next
  - **Early stage dementia awareness training** – Do you know how to communicate with someone affected by dementia? How can you reduce your own risk of dementia? Book our interactive workshop to find out more!
  - **Body Boosting Bingo** – Did you know that exercise can be FUN?! If you want to sit less and get some ideas for how to improve your strength and balance whilst having a laugh, our Body Boosting Bingo session might be the very thing for you.

**South Lanarkshire Council**

**Housing and Technical Resources**

**Wheelchair Accessible Housing Targets**

In March 2019, the Scottish Government issued guidance to local authorities on setting targets for the delivery of wheelchair accessible housing across all sectors. This supports Scottish Government’s ‘A Fairer Scotland for Disabled People Delivery Plan’.

Refreshed Local Housing Strategy guidance, due imminently, is expected to outline local authority requirements for all tenure housing targets to be in place by the end of 2019, with progress monitored via the Strategic Housing Investment Programme.

**Sheltered Housing Support Needs Assessment**

To complement the new Housing Allocation Policy which came into effect on 1 May 2019, the existing sheltered housing support needs assessment is being revised. This will come into effect from February 2020 and is designed in such a way as to ensure that those people most in need of the sheltered housing support service are prioritised.

Current applicants for sheltered housing will be reassessed against the criteria in the new Support Needs Assessment. •
Spotlight on legal matters

Probate in Scotland

Do you know what probate is?

Probate is the legal process in which a Will is proven in a court and is accepted as a legitimate public document of the deceased’s testament. If someone leaves a will, those that are appointed as executors in the will have to apply to the Probate Registry for a grant of probate in Scotland. This grant will authorise the executors to administer the estate of the person who is deceased.

If the deceased had not left a valid will when they died, then they are said to have died intestate.

In the event that this happens, there are certain rules that decide who is to receive what. The next of kin will have to apply to the Probate Registry for a grant of letters of administration to handle the deceased’s assets.

This can be a complicated and lengthy process. It’s important that you know your rights. More information can be found at the website below however perhaps it’s a good time to think about getting your affairs in order and making a Will so that you can avoid this situation.


Making a Will

Age Scotland has a helpful Factsheet full of advice and guidance to help you through this process. Don’t delay. If you don’t have a Will make one today.

Bogus Charities

Christmas is the time for giving...but for some people it’s the time for taking. The few months before Christmas is when scammers step up their efforts to make you part with your money while you’re feeling festive.

When it comes to bogus charities and scam letters, we want people in South Lanarkshire to think more like the Grinch than Santa.

South Lanarkshire Trading Standards is working to educate people in the community about how to spot scams and prevent them. Providing people with the knowledge and information they need to recognise and avoid scams is key to reducing the financial, physical and mental detriment suffered by victims.

A community of confident, savvy consumers is what we want. If you want to learn more about how to spot scams and keep yourself and your community safe, we can help!

Trading Standards Business and Communities Team:
01698 454 866 or business.enquiries@southlanarkshire.gov.uk

Bogus Charities
South Lanarkshire Leisure and Culture, in partnership with NHS Lanarkshire, developed a Physical Activity Prescription during 2015. It has been rolled out to all four Localities and a total of 2,714 people were referred during 2018. GPs and other professionals can refer people on the postcard template supplied and Leisure staff contact them to match them with possible activities.

### Table 1

<table>
<thead>
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<th>Age range</th>
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<tr>
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<td>61 to 80</td>
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<tr>
<td>Over 80</td>
<td>77</td>
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<tr>
<td>DOB error</td>
<td>28</td>
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<tr>
<td>TOTAL</td>
<td>2714</td>
</tr>
</tbody>
</table>

The average age for PAP was 48, with a range between 3 and 93 (Table 1). 15 of the children referred were 10 or under, although there may be some data entry errors.

More than half of those referred were from SIMD 1 or 2 and only a quarter were from SIMD 4 or 5 (Table 2) indicating greater reach into more deprived areas.

40% of the referrals were from Hamilton locality, 33% from East Kilbride/Strathaven, 14% from Clydesdale and 13% from Cambuslang/Rutherglen. This does not take account of the different Locality populations, so the proportion per 100,000 is shown in Figure 1. Use of PAP is higher in Hamilton and East Kilbride/Strathaven than the other two Localities.

The range of professions that can refer to PAP has expanded in recent years. In 2018, 66% came from a GP, 15% a Nurse and 12% a Physiotherapist (3% were unknown).

The most common reason for referral (Figure 2) was Mental Health (28%), followed by musculo-skeletal (21%) and obesity (17%). General fitness and diabetes were also sizable categories. More detail on ‘other’ would be useful.

There were some differences across the Localities in top referral reasons. Whilst Mental Health was the most frequent in Hamilton and Clydesdale, it was musculo-skeletal in East Kilbride and obesity in Cambuslang/Rutherglen.

72% of people referred (n=1,944) agreed to one of the options offered (Figure 3), with ‘Well Connected’ being by far the most popular. This is a social prescribing programme that includes a range of physical activity options. The ‘Active Health’ and ‘Weigh to Go’ programmes were also attractive and a further 133 people took out some form of membership. Whilst 59% of those referred for their Mental Health opted for ‘Well Connected’, it was also chosen by others.

Many of those with MSK problems opted for ‘Active Health’, obesity issues for ‘Weigh to Go’. 6% were still considering their options (‘pending’).

Compared to previous years, there is now a better spread of PAP referrals across the Localities and a broader range of professions involved. Mental health has replaced obesity as the commonest reason for referral, and the ‘Well Connected’ social prescribing programme remains the most frequently agreed option.
South Lanarkshire
Alcohol and Drug Partnership (ADP)

Who, what and why

• Alcohol and drug partnerships (ADPs) are multi-agency strategic partnerships focused on alcohol and drugs misuse issues in their local areas. Members include those agencies with an interest in providing treatment and intervention for people experiencing problem alcohol and drug use, and other key stakeholders. ADPs are responsible for developing local strategies for tackling, reducing and preventing problem alcohol and drug use.

• They also have responsibility for planning and commissioning services to deliver improved core and local outcomes, taking into account local needs, circumstances and resources.

ADP support team

The South Lanarkshire Alcohol and Drug Partnership is supported by a small dedicated team of staff, who work across a range of organisations within South Lanarkshire. Their tasks include needs assessment, performance management, commissioning of new services, co-ordination of training and responding to requests from the Scottish Government on a range of drug and alcohol-related issues. The support team is made up of the following:

• Strategic Lead – Carol Chamberlain
• Development Officer – Michelle Wallace
• Information Analyst – Garry Kennedy
• Information Officer – Fiona McIntyre
• Admin Assistant – Jane Copland

The ADP support team are based on the 9th Floor, South Lanarkshire Council HQ, Almada Street, Hamilton.

South Lanarkshire ADP’s most recent commissioned service is recovery beacons - Liber8 has been awarded the contract by South Lanarkshire Alcohol and Drug Partnership to host 4 recovery hubs, which will be known as The Beacons. They will be sited in the 4 localities of South Lanarkshire; Hamilton, Cam/Glen, East Kilbride, Clydesdale. In the first year to 18 months, there will be two Beacons, augmented in years two and three by establishing a further two. The first two identified premises are in Blantyre and Lanark and the premises are undergoing refurbishment and decoration; the Blantyre Beacon should be open within the next few weeks. The basic aim of the Beacons is to ensure that there is visible treatment and recovery embedded into local communities by adopting an asset-based approach; developing services and care and support systems using a whole systems approach.

A key component in the delivery of the Beacons is investing in volunteers/people with lived experience. Volunteers recruited, will engage in an induction process, training and supported to work in a trauma informed approach with ongoing support; the aim is to upskill volunteers, creating a pathway into employment, if appropriate.

The Beacons will operate a whole family approach which will include families and communities in the continued growth and development of the Beacons, to assist in reduce stigma, increase engagement and also enable communities to identity organisations and services that can add value to local assets.

The Beacons will host a variety of services, resources and activities for service users; with a key focus on the upskilling and training of volunteers with lived experience. One aim is to develop an assertive outreach approach to engage with and connect to the most vulnerable individuals. This will involve trained volunteers with lived experience becoming “first responders” which will allow us to be more creative with engagement methods; shifting away from traditional responses. A training/development Coordinator will provide 1-1 support for the volunteers and ensure personal development plans are progressed based on the volunteer’s capability, availability, interests and aspirations.

In terms of activities and resources within the Beacons, much will depend on the involvement and direction from the volunteers with lived experience; it is hoped activities such as, walking groups; cycling groups; arts and crafts; writing and music groups; family programmes; social evenings; quiz nights; and task-oriented group work such as conservation or fund raising could be developed. We would also be hoping to develop small community projects such a litter picking, gardening etc that could be included once the Beacons are established.
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