



Aberdeen City Health and Social Care Partnership
Health Improvement Fund
The Journey from 2016-19



Background

The Health Improvement Fund seeks to improve health and wellbeing in communities across Aberdeen. The Fund is allocated in two ways:

Neighbourhood Health: used for awarding community grants of up to £2500

Core Health Improvement Funding: used for commissioning larger, City wide programmes of work

Neighbourhood Health

Principles

- Inspire members of your community to get involved
- Meet local needs and reflect local circumstances
- Are innovative and creative
- Join people together
- Help to make Aberdeen a healthy and happy place for all

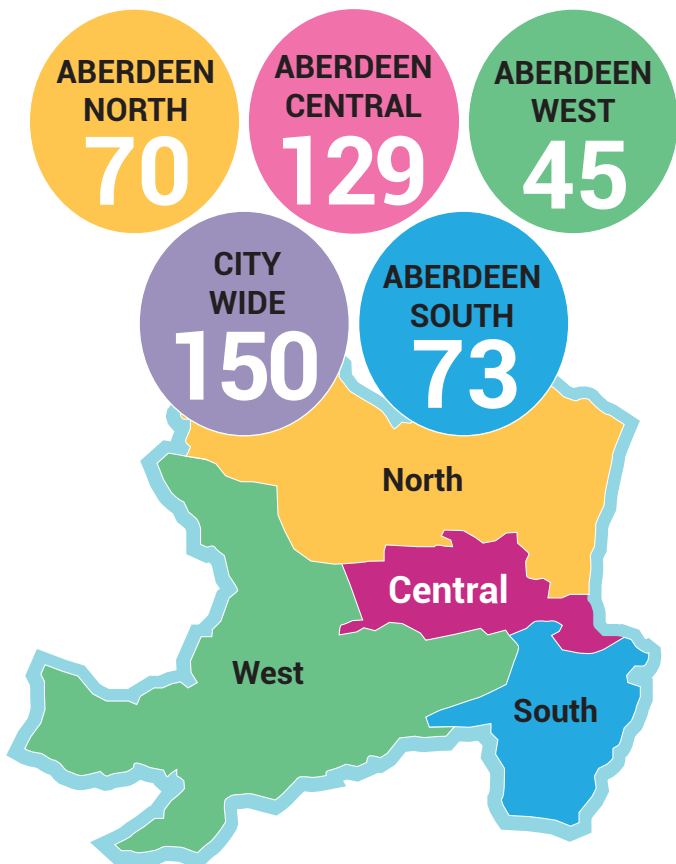


Of the 211 funded projects since 2016, the top 3 sources of applications were from:



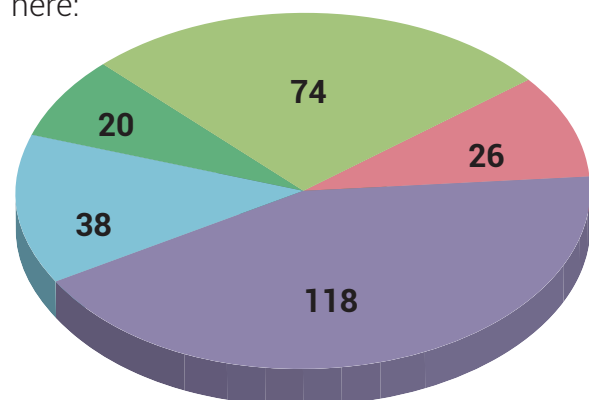
Since 2016

Applications Received



Funded Projects

Just under 1/2 of projects were funded. The focus of funded applications are illustrated here:



- Primary Prevention
- Self Help/Self Management
- Promoting Social Inclusion/Reducing Social Isolation
- Environmental Improvements
- Other

The Journey since 2016

Why Change?

- Simplify the process, making it easier for local people and staff to get involved
- Ensure the Fund is in line with new & current legislation^{1,2,3}

What has Changed?

- Funding re-branded as 'Neighbourhood Health'
- Grants of up to £2500 available to kick-start initiatives to improve health and wellbeing locally
- Simplified application form
- New website, www.neighbourhoodhealth.org.uk
- Communication plan to reach staff and local communities including use of social media and local radio
- Decisions about funding made by frontline staff and community representatives

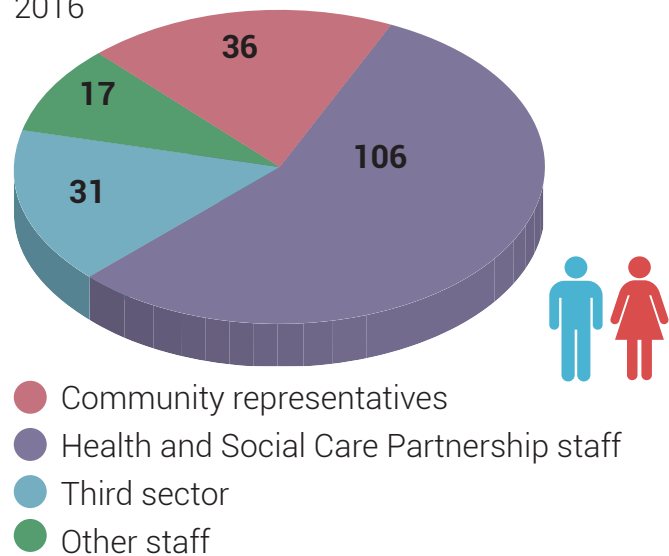


What have the changes taught us?

- Enabled more conversations within communities about how money could be spent to prevent ill health.
- Allowed those that understand the need within the area they work and/or live to have their voices heard
- Provided an opportunity to network and share practice beyond traditional partnerships.
- Harnessed the knowledge and expertise of staff and community members to ensure resources are used efficiently.

Allocations are decided upon by local decision making groups involving a range of frontline staff and community representatives, guided by a scoring process based on the funding principles.

Here is a breakdown of group members since 2016



¹Public Bodies (Joint Working)(Scotland) Act 2014

²Community Empowerment (Scotland) Act 2015

³Commission on the Future Delivery of Public Services, 2011 (Christie Commission)

Case Studies – West

Mindful Libraries at Airyhall

The aim of this project was to remove barriers for people accessing activities that can help reduce stress. Members of the public were given the opportunity to explore and learn more about what can make a difference to their mental and physical wellbeing. HIF supported a number of sessions that introduced the underlying philosophy/science behind mindfulness and then a series of taster sessions. The project highlighted the need for providing reading materials in different languages. It connected individuals with organisations, activities and opportunities within the community that they were not previously aware of and successfully removed barriers of fear, knowledge, finance and logistics. The project successfully showed a new method of delivery of health information⁴ which can be built on going forward.

"I really enjoyed the mindfulness event last night. There seemed to be a lot of people there. Unfortunately, I can't get to the other ones on Wednesdays, but I just wanted to say I hope the library continues to do these events. It shows real innovation and community engagement."

Customer feedback about Spring Clean Your Mind Talks

"The library staff convinced me to come along to the talks – I'm really glad I did. It has been so interesting and I've enjoyed the surprise element."

Customer feedback from Spring Clean Your Mind Talks

"I enjoyed the challenge and would take part again if you ran it next year."

Customer feedback from Six Minute Reading

Mannofield Church - Thursday Fly Cup

Funding was given to Mannofield church to provide activity/games monthly for members of the wider community who are socially isolated or at risk of becoming isolated. It is open to all ages. The group has up to 18 regulars and 42 turned up for their Christmas sing along. Volunteers are from within the congregation and wider community. They also provide transport if required. Over the last year they have had a magician (twice he was so popular), craft afternoon, memory afternoon (looking at old photos and books of Aberdeen) and Owls!



"We were quite overwhelmed by the positive reaction to the owls".

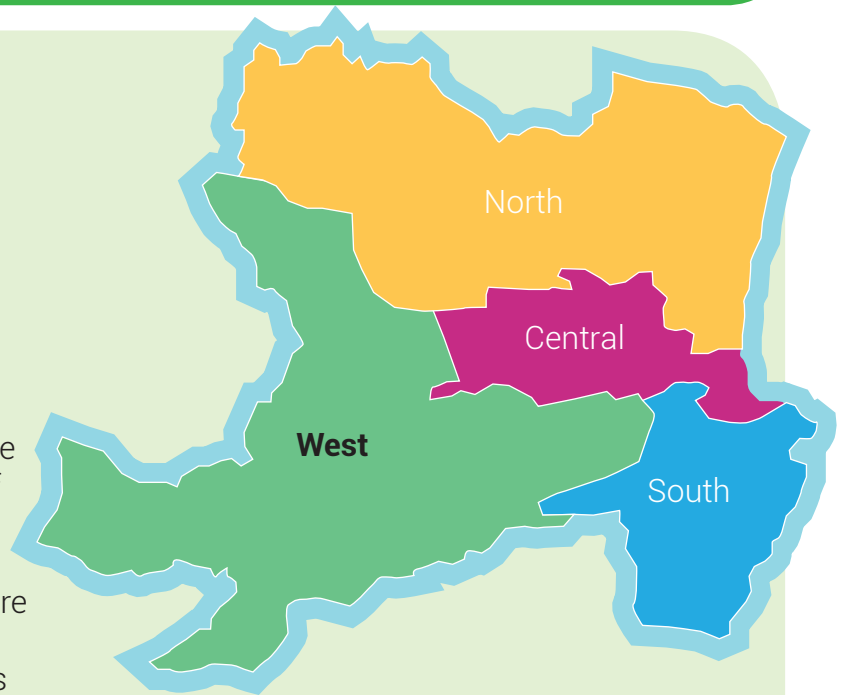
"There was lots of chat, lots of laughter and a good buzz at every meeting which would indicate that people were enjoying the sessions"

⁴www.aberdeencity.gov.uk/mindful-libraries

Case Studies – West

Hen House – Tor-na-dee Care Home

A new hen house was purchased with funding from HIF. With the help of relatives they laid foundations and landscaped the outside run. One resident gave advice on caring for the hens and supervised the introduction of the new pair of hens. For a new resident to the home this project has helped him feel at home and he feels that his opinion matters. The two new hens were donated by a local hen breeder, a relative of one of the residents. The grandchildren of one of the residents named the hens. This venture has given children access to the care home, in a non-threatening manner, where they were unsure about visiting before. This has ultimately benefited their Grandmother who may not have seen so much of them prior to the project.



A large number of residents, relatives and visitors visit the hens frequently, where they might have stayed indoors otherwise.



Case Studies – North

Toe Tapping Tea Parties

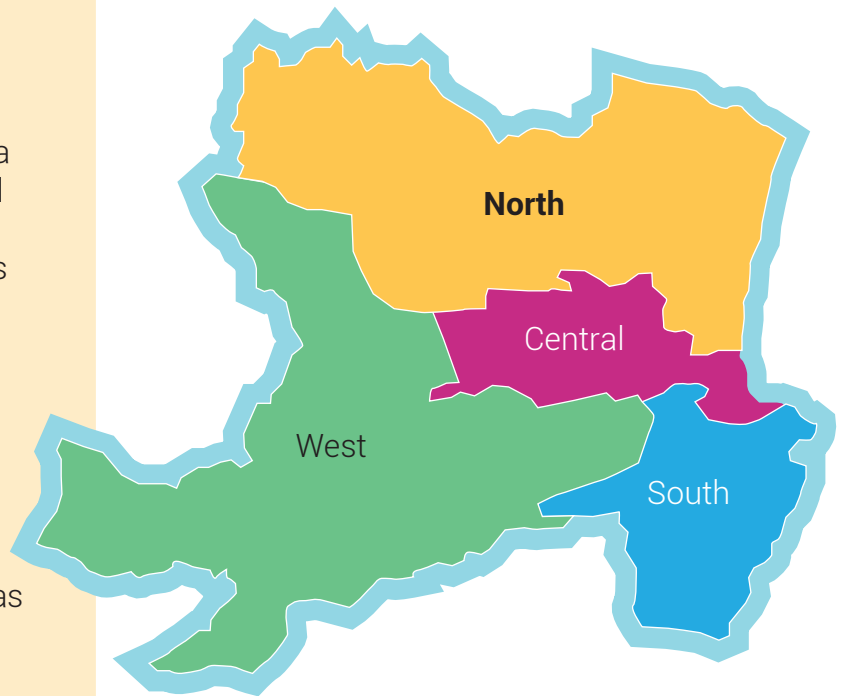
Danestone Community Centre applied for funding to kick-start Toe Tapping Tea Parties primarily to target loneliness and social isolation in older people. It was identified that there was a lack of groups running locally on a Sunday which has been found to be the loneliest day of the week for many.

The funding was used to pay for live music, refreshments and decorations. Sessions so far have been a success with over 20 people of mixed ages in attendance. The sessions will continue as part of the Centre's programme.



EncourAGE

The EncourAGE project in Dyce aims to provide opportunities for older people to be more active within the community, reduce social isolation and loneliness and provide activities within sheltered housing complexes in the area. HIF has supported this area of work in numerous ways by supporting the establishment of a lunch club, social outings for people who are



experiencing loneliness, the development of a programme of activities in sheltered housing and equipment to support the men's shed. The lunch club has now managed to become sustainable and is supported by 18 volunteer drivers and 28 volunteer helpers, this provides the only opportunity for many attendees to leave their house and meet other people.

The project has also run successful 'Have a Go' weeks to encourage people in the community to get involved in new activities and outings which has now led to over 10 activities forming part of the weekly programme at Dyce Community Centre all run by volunteers.

The programme of activities in sheltered housing has not only enabled residents to be more active socially and physically but are open to members of the local community therefore enabling residents to connect with other people.

Case Studies – North

MISS

The MISS (Miscarriage Information Support Service) started in March 2017 after Chairperson/Founder Abi Clarke suffered a miscarriage in 2015 at 7 weeks pregnant. At the time, Abi felt there was not enough support in the area and decided to start a group to support others. The Health Improvement Fund provided invaluable support to cover set up and promotion costs.

The group has attracted people from all over Aberdeen due to the support it provides those who have experienced a loss. The sessions also comprise guest speakers and

activities aimed at supporting attendees including; mindfulness, yoga or reiki master. Local businesses have also attended to take part in activities which can be as simple as painting chairs or making cards. There are up to 10 individuals attending each of the support groups, some of whom are regular and some new. MISS has now expanded and is run by a committee who aim to raise awareness of miscarriage in Aberdeen and provide invaluable support. The MISS group meets monthly at Danestone Community Centre and is open to anyone who has experienced miscarriage, stillbirth or fertility issues.



"The Health Improvement Fund really helped the support group, and without it I probably wouldn't have been able to start. Thanks all who believed in us."

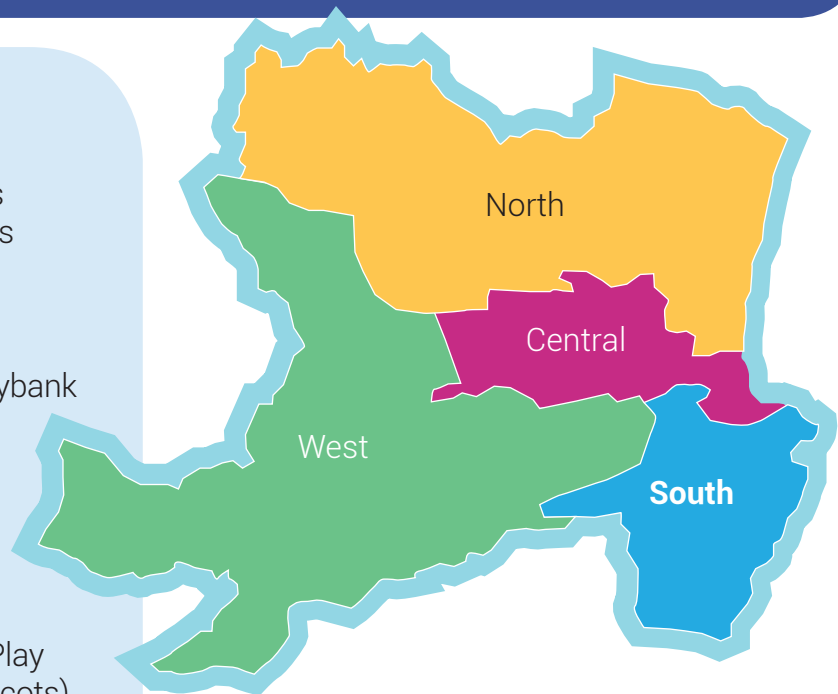
Abi Clarke, Chairperson/Founder of MISS

Case Studies – South

Tuk In Project

The Tuk In Project was launched in December 2017 and since then, it has distributed roughly 1700 meals across priority areas through its weekly café. Alongside this it has been catering to local community events including the Participatory Budgeting events, Sunnybank Open Day, Marischal College community Christmas village, 6 different Fersands and Fountain outreach events, the Launch of the Tullos Community garden event, Grampian Pride, Play on the Longest Day (Play Forum), National Playday (Play Forum), Shared Futures event (New Scots), and the George Street Farmers Market and Sustainability Festival.

While the Tuk Tuk is out at any of these events it hands out recipes, promotes CFine Service and looks to engage with other organisations. It has engaged approximately 20 volunteers with various support needs, several of whom have now gone on to full time employment.



Cove and Altens Woodland Walk

The project funded was to improve the existing woodland path and to make it accessible year round. Today, the whole path is now being used daily by dog walkers, parents with children in buggies, walkers and joggers (including people from the nearby Industrial Site at lunchtimes). The work was undertaken in partnership with Aberdeen City Council. A section of path that was almost unusable has been improved and is now much safer for people to use. The path is well advertised in the local community newsletter called "the Cove Chronicle" which is distributed to every household every two months.



Case Studies – South

Torry Tots

The Torry Tots project created a welcoming environment for parents/carers and young children to come along, play, chat and learn. There was no other group in the area that caters for families.



"Me and my little girl loved it. She had a ball and met lots of new children and I also got to speak to new parents. Will definitely be coming back as everyone was so welcoming."

Activities and information from Childsmile also lent more support to families who were accessing this group.

Garage Community Bakery

A former social worker and trained baker delivers 'fun', easy and basic bread-making and baking sessions from a converted garage to community members. The Garage Community Bakery applied for funding to work with adults at risk of isolation and to improve on emotional health and wellbeing.

The project has also engaged with community groups of all ages.



"The general feedback from individuals was very positive and many of those who attended courses at the Garage Bakery expressed interest in further courses – evidence from participants suggested a positive impact on confidence, learning new skills, social engagement and not forgetting fun! Equally an increased awareness of the technicalities of bread making."

Case Studies – Central

Printfield Community Project – 'Inside Out'

Printfield Community Project applied for funding to deliver yoga classes for a group of women experiencing anxiety and panic attacks. The classes ran for 26 weeks and sought to provide them with skills to manage their stress more effectively and improve their overall wellbeing.

Participants also improved their social connections, and the group hope to continue meeting together to practice the relaxation techniques they've learned.

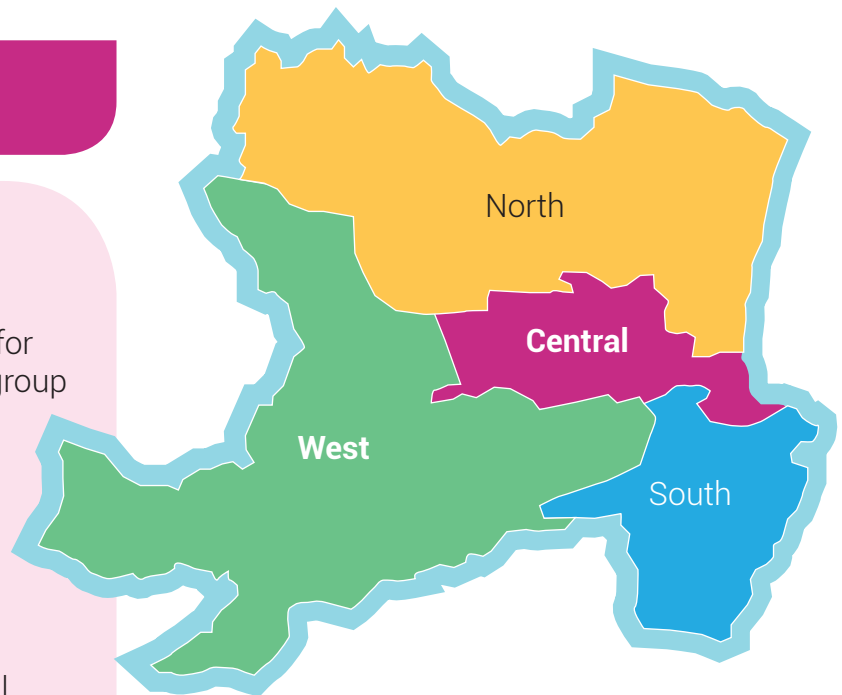
"I have more control over my anxiety and (will) hopefully reduce (my) medication."

"I have learned to relax when I am under stress"

Northfield Academy – 'Living Life to the Full'

Living Life to the Full is an initiative which aims to integrate Cognitive Behavioural Therapy (CBT) self-help skills into the curriculum in order to improve pupils resilience and wellbeing. It can also be used for one to one support and with small groups for pupils experiencing life difficulties.

Following Health Improvement Funding (HIF), 40 staff from Northfield Associated School Group have been trained alongside staff from Primary Care, Community Learning & Development and Police Scotland. Staff found the training to be highly valuable and relevant to their roles.



Kingswood Day Centre – 'Boccia'

Boccia is a bowls-like game which can be played by those of all ages, including those with physical disabilities. Kingswood Day Centre applied for a small amount of HIF money to buy a Boccia set for service users and their families. By playing the game together, residents were encouraged to build social connections, as well maintaining their physical abilities.

"When Boccia is being played there is always lots of laughter heard, therefore the Boccia set has been very successful"

"Thank you very much for the funding that has helped make this successful"
Day Centre Manager



Case Studies – Core

In 2017, Governance International were commissioned through HIF to run a series of workshops using the Co-production Star toolkit⁵.

“Co-production is about professionals and citizens making better use of each other’s assets, resources and contributions to achieve better outcomes or improved efficiency.”

As a result of these workshops the co-production toolkit was used to test out a number of projects.

Stepping Forward

The aim of this project was ‘to raise awareness of falls prevention by provision of easily accessed information and self management options’. The first step was to listen to stories from service users of their experiences. Listening to their stories was a powerful experience in thinking how things could be done differently. As a result of these conversations the idea to develop ‘falls ambassadors’ came about. Why not enable people to visit groups of people at risk of a fall and talk to them about ways to prevent people falling or where that is not possible help them access the correct support as soon as possible.

The ambassadors working with Occupational Therapy tested out this approach on a number of groups and following positive feedback applied for Health Improvement Funding to develop a model that would become sustainable. This enabled them some resource to work with students from a local university to develop a video⁶ and promotional materials to recruit more ambassadors and to develop a teaching video that can be used at groups across the City.

The ambassadors have great ambitions of developing a website that will help keep people well for longer and access the right services when needed quicker. Using a co-production approach has enabled the powerful messages and ideas from service users to be used to make improvements to keep others well for longer.

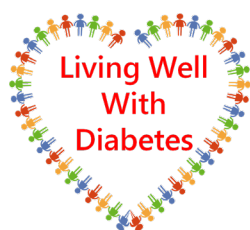


**stepping forward
together**

Case Studies – Core

Living Well with Diabetes

The aim of this project was 'to encourage patients and partners to mutually identify various opportunities where newly diagnosed patients are able to self manage Type 2 Diabetes within a community setting'. Using the co-production approach the project is continually co-developing Peer Supporters (with support from Diabetes Scotland) who are people living with the condition; has enhanced the existing peer support group with an improved communication plan in accessing regular speakers at the Health Village as well as co-designed a second Peer Support group at RGU beginning in March 2019.



⁵www.govint.org/our-services/co-production/

⁶www.youtube.com/watch?v=2pVaJhWRW7M

All of this has pulled together a collective recognition for a programme called Living Well with Diabetes. The programme is being co-produced based on experience, skills and knowledge from patients, staff and partners.

"Seems like we are gaining confidence that we have something to offer the newly diagnosed person, it was a good session with all round input from everyone."

Peer Supporter

"I now have some real understanding for me, of what we are trying to achieve."

Carer



If you would like to find out more information, visit:
www.neighbourhoodhealth.org.uk,
search for 'Health Improvement Fund'
on Facebook or find us on
Twitter – twitter.com/IFforHealth



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