

.....with Localities

Issue 6 - Winter 2020

Welcome to **Issue 6** of our Localities Newsletter which we hope helps to keep you updated on the latest news happening across Fife.

In this edition we hope to bring our Core Group and Wider Stakeholder Group members up to date on our remobilisation plans for our Health & Social Care Localities and to highlight some of the progress being made against those priorities since our work paused due to the Covid-19 pandemic.



Fiona McKay
Interim Divisional General
Manager

Continue reading to find out more ...

Health & Social Care Locality Planning

Although we had to pause all of our Core Group work and meetings due to the Covid-19 pandemic, we have been busy working in the background virtually with our Chairs and Senior Leadership Team. September through November saw us finalising our refreshed locality plans, focussing in on work that we can realistically remobilise through 2020/2021, taking into account the Covid-19 restrictions that we are all now dealing with.

Take a look at the priorities identified in our [remobilisation route map](#) for all our locality areas.

Our remobilising priorities sees us focussing on **wellbeing & social isolation, living well with long term conditions, supporting mental health, carer support, H&SC public representation** and our **communications** to our locality members. We have been busy updating our locality website pages, ensuring that all documents and plans are updated to reflect our remobilisation route map.

For further information regarding the priorities that H&SC Locality Planning will be delivering in your locality area, have a look at the following weblinks and click on the '**Getting to Know ...**' document for your locality within each page.

www.fifehealthandsocialcare.org/cowdenbeath/

www.fifehealthandsocialcare.org/dunfermline/

www.fifehealthandsocialcare.org/glenrothes/

www.fifehealthandsocialcare.org/kirkcaldy/

www.fifehealthandsocialcare.org/levenmouth/

www.fifehealthandsocialcare.org/north-east-fife/

www.fifehealthandsocialcare.org/south-west-fife/

Wellbeing & Social Isolation

The Well Near Me



The Wells paused their operation in March 2020 due to the Covid-19 pandemic. In August the Well Remobilisation Group was formed with a remit of remobilising the Wells, exploring what format that could take (considering Covid-19 restrictions).

The group agreed a plan to reopen The Wells virtually, to protect both staff and members of the public. Using Near Me software, it was decided to pilot this software with the Glenrothes and Kirkcaldy Wells teams, before rolling it out across all localities.

We were delighted to launch **The Well Near Me** on 4th November 2020. It runs **every Wednesday and Thursday** from **10am to 12noon** with a range of staff from Social Work (Adults and Older Adults), Local Area Coordinators (Fife Forum), Welfare Support Assistance and SDS Support, offering a virtual conversation to members of the public across Fife.

To access a video conversation, visit www.fifehealthandsocialcare.org/the-well and then click on the 'start video call' button.

To ensure we make the Wells accessible to local communities, we have incorporated British Sign Language Interpreters who will be available by appointment every Wednesday, Fife Migrants Forum will be in attendance once a month and we have developed a telephone number for those who are unable to access The Wells Near Me, which will be in operation on the same days and times as The Wells.

To telephone The Well, call **03451 551500**.

We would appreciate any support with distributing information regarding The Wells to your staff and the public. If you can help with that or have any further questions about the Wells, please contact Aleks Atanasova, The Well Co-ordinator on aleksandra.atanasova@fife.gov.uk.

Staff Flu Vaccination – Social Care and Social Work Staff

If you haven't already, it is so easy to get the flu vaccination. It is the safest way to keep you and those you care for safe.

Leading from the front is Divisional General Manager Fiona McKay, who popped into Cadham Pharmacy in Glenrothes.



"If you work in social work and social care, please take the time to get vaccinated. It only takes 10 or 15 minutes out of your day. I took along the eligibility letter, although you can use your phone to show the pharmacist your letter. It was a really safe environment and I did my covid declaration before entering the pharmacy and everyone followed the guidance in place. The jab took a second and was painless. Bernie, the pharmacist, made me feel welcome and put me at ease throughout the appointment."

If you are out in the community it is so important for you to be protected and to protect those you care for."

You can access the eligibility letter [here](#) which you will need to show to your community pharmacy. Click [here](#) for details of pharmacy opening times.

NHS Fife colleagues – please keep checking Blink for updates and more information or contact your peer immunizer.



Public Seasonal Flu

People eligible for a free NHS flu vaccination are able to access their flu vaccination by appointment at participating community pharmacies across Fife.

Vaccination clinics will continue to run in community venues and eligible people can also now access their flu vaccination through a network of more than 50 participating pharmacies across Fife. Vaccination is available by appointment only and a [full list of participating pharmacies can be found here](#).

People aged 60-64 will be invited to receive the seasonal flu vaccine from 1 December as part of the next phase of flu vaccination delivery. Those entitled to the flu vaccine will receive an invitation letter by post from their health board letting them know where they can receive the vaccine and how to book an appointment.

With Covid-19 around, it's now more important than ever to get the flu vaccine. Click [here](#) for more info.

On Your Doorstep



In the last newsletter we reminded readers about Fife Health and Social Care Partnership's community website www.onyourdoorstepfife.org and the work that had been done this year to add information about Covid19 supports and food insecurity projects across Fife.

As many of you are aware, Fife Direct has been replaced with a new website www.fife.gov.uk which focusses on the core business of Fife Council. As 'On Your Doorstep' is a mini-site of Fife Direct, there will be some changes as part of this development. Plans are in place to migrate the website and other mini sites across to a new website platform. This is a positive step as the move will provide a better digital experience for users, a more intuitive search function (yippee) and the potential for other improvements.

Our Christmas wish list includes an improved map function which displays search results by locality, an option to print search results in PDF format so that they can be emailed or printed out, page numbering and a clearly identifiable update button so that organisations can easily edit and update their own information.

The Self-Directed Support Team who oversee the governance of the website on behalf of the partnership are looking forward to working again with the Improvement Advisers, Designers and Customer Service Advisers from Fife Council's web team to bring about these welcome improvements. We will provide you with an update in future editions of this newsletter.

The Self-Directed Support Team would like to take this opportunity to wish everyone a happy, healthy and peaceful Christmas and hope that we will all be able to safely spend quality time with our loved ones in the not so distant future.

"Even the darkest night will end and the sun will rise." — Victor Hugo, Les Misérables

If you have any questions about the website or require assistance to register, please email onyourdoorstep.fife@fife.gov.uk or phone the Project Officer directly on **07515289669**.

Wellbeing Point

Fife's Wellbeing Point is an online signposting tool that can quickly, clearly and easily signpost to local and national health & wellbeing information. This tool was developed with Penumbra (a Scottish mental health charity), Fife Health & Social Care Partnership and was funded by the Scottish Government.



We have recently been updating the Wellbeing Point within the Supporting Mental Health and Carer Support sections. You can set it as a shortcut on your computer or access the mobile version via your smartphone.

To use this tool visit <https://wellbeing-point.wixsite.com/the-well>

For further information about the Wellbeing Point, contact heather.gibson-nhs@fife.gov.uk.

Living Well with Long Term Conditions

Test of Change coming soon to Levenmouth

The Fife Macmillan Improving the Cancer Journey Service has secured funding to take forward a test of change (TOC) to trial the holistic needs assessment (ICJ approach) with other long-term conditions. The principles that will underpin the TOC include collaborative working, a shared vision, robust communication and engagement with stakeholders – including the primary and secondary care, social care colleagues and third sector providers.

What would success look like?

- People are able to look after and improve their own health and wellbeing and live in good health for longer.
- People, including those with disabilities or long-term conditions, or who are frail, are able to live, as far as reasonably practicable, independently and at home or in a homely setting in their community.
- Health and social care services are centred on helping to maintain or improve the quality of life of people who use those services.
- Resources are used effectively and efficiently in the provision of health and social care services.

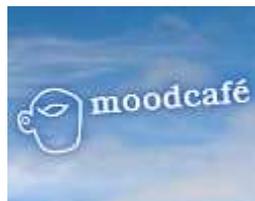
MACMILLAN
CANCER SUPPORT
RIGHT THERE WITH YOU

**Fife Health
& Social Care
Partnership**
Supporting the people of Fife together

If you would like any further information, contact Jacquie.Stringer@fife.gov.uk.

Supporting Mental Health

Moodcafé – Promoting Mental Health from within Fife



The original Moodcafé website was launched in April 2007. The site, developed and run by NHS Fife Psychology Department, provides information on psychological problems, resources to support coping and advice on maintaining wellbeing. The site is not only accessed from within Fife but has been used by people and organisations across the world. A redevelopment took place in 2013 but as we all know technology never stands still and there have been many advances since then.

We are therefore delighted to announce that a completely re-vamped Moodcafé will be relaunched in Spring 2021. The site will continue to provide psychological information and resources, but the new look will make it much easier to find things and navigate between sections. There will also be some new sections including one more clearly sign-posting resources within Fife.

Visit www.moodcafe.co.uk

Suicide Prevention Mini Festive Campaign

The Christmas and New Year period will feel different this year because of the ongoing restrictions to suppress Coronavirus. Fife's Health Promotion service has developed a Festive social media campaign based on Mental Health Foundations 'Celebrating Festivals & Occasions during the COVID-19 restrictions'. The campaign focuses on things we can do to enjoy the festivities and signposts to support services who can assist those finding this time of year difficult.

View the Festive Period Social Media campaign content here <https://www.healthyfife.net/wp-content/uploads/sites/55/2020/11/SP-Festive-Social-Media-Campaign.pdf>.

This campaign will run from the **1st December through to 29th December**. We ask you to support this campaign by publishing the planned content via your own social media accounts or alternatively, like and share the content published from our social media channels:

Twitter: [@FifeHpservice](https://twitter.com/FifeHpservice) / Twitter: [@hwlfife](https://twitter.com/hwlfife) / LinkedIn: [Fife Workplace Team](#) / Facebook: [@FifeHSCP](https://www.facebook.com/FifeHSCP)

Carers Support

Locality Carers Support Workers

Fife Carers Centre support unpaid and family carers with information and practical help wherever they live in Fife. Just before Lockdown, at the end of March, the **Localities Carer Support Worker Team** was established to link with the 7 H&SC locality areas. The Localities Carer Support Workers are funded by, but independent of the H&SCP.

COWDENBEATH



JANET LOVE

janet.love@fifecarers.co.uk

DUNFERMLINE



CINDY SOUTER

cindy.souter@fifecarers.co.uk

GLENROTHES



SHARON SULLIVAN

sharon.sullivan@fifecarers.co.uk

KIRKCALDY



GRANT KIDD

grant.kidd@fifecarers.co.uk

LEVENMOUTH



BOGUMILA DOYLE

bogumila.doyle@fifecarers.co.uk

NORTH EAST FIFE



CLAIRE CHUEHONG

claire.chuehong@fifecarers.co.uk

SOUTH WEST FIFE



CAROL REDDICK

carol.reddick@fifecarers.co.uk

We realise that a lot has changed about the way we are able to interact with carers, with face to face meetings and carers groups still not possible. One of the ways we are keeping in touch with carers is through virtual carers groups (one targeted at each locality, although carers are welcome to join any, or all of them). We have a WhatsApp group, a Facebook group, a book club, a group for parent carers and three online meet up groups taking place on different days, which includes an evening one. As well as these groups we also have a Male Carers Group run by one of the other carer support workers. All are free to join and because they're still quite new there's an opportunity for carers to say what they want from the groups and help shape them.

When things begin to return to some sort of 'normal', we hope that these groups will continue, as for some people being able to be in contact with the group from their home will still be a lifeline. We also have plans to look at outdoor groups, like walking groups or gardening, so that once spring arrives we can start meeting up safely.

We know that using technology isn't an option for everyone and so our Befriending Project and the Carer Support Workers have also been supporting carers with phone calls. We want to reach as many carers as possible and help them to get through this period.

If you know of any carers who would be interested in these groups, they can get in touch with the Carer Support Worker for their locality, who will help them to join. Carers can email their Carer Support Worker or Telephone **01592 205472**. For further information visit www.fifecarerscentre.org.



supporting unpaid carers

throughout Fife

New Support for Unpaid Carers



As well as the Locality Carers Support Workers, this year the Health & Social Care Partnership is extending the capacity available to support unpaid carers and, investing in new supports too. The short list below is some of the key examples of the support we are developing, in partnership with third sector partners, which will be available to any carer in any part of Fife.

- Doubling our investment to support carers of people living with dementia through Fife Carers Centre.
- Doubling the support available for carers of people preparing to be discharged from Victoria Hospital plus introducing a new similar support services in Fife's community hospitals and Stratheden, again in partnership with Fife Carers Centre.
- We are commissioning a new support for carers of people living with sensory impairment, as well as carers who themselves have a sensory impairment.
- We are commissioning a new support for carers of people living affected by mental health and including support to help carers maintain their own good mental health well-being.
- We are seeking to commission a support service for unpaid carers who are affected by bereavement.
- We are looking for a partner organisation to work with to introduce a new short breaks support project called Respatiality ("respite + hospitality").
- We are increasing the funding available to Fife Voluntary Action to support carers own short breaks choices through two scheme, one each of adult carers and young carers.
- We are continuing our work to support unpaid carers to have a real voice in shaping decisions about carers support in Fife, including supporting carers in each locality.

Information about each of these new supports, and the existing ones, is available on the HSCP website for carers and professionals supporting them. Visit www.fifehealthandsocialcare.org/carers.

H&SC Public Representation

There is still time to have your say ...

Lochgelly & Kincardine Community Health & Wellbeing Centres

Local communities are being encouraged to share their views on plans for new Community Health and Wellbeing Centres in Kincardine and Lochgelly. The new centres are intended to flexibly meet the needs of the local population, providing a range of services including those provided by GPs, social care and the voluntary sector. A reminder that the deadline is fast approaching - **Monday 14th December 2020** - but there is still time to ensure that your voice can be heard to help shape your new centres.

To access the online surveys, go to:

Lochgelly survey - www.smartsurvey.co.uk/s/Lochgellycentre/

Kincardine survey - www.smartsurvey.co.uk/s/Kincardinecentre/

(Paper copies are available in local sites eg practices, pharmacies, dentists etc)

You can find out further information on the NHS Fife website at: www.nhsfife.org/news-updates/community-health-and-wellbeing-centres/

In Other News

Right Care, Right Place

The way people access A&E services is changing to keep patients and our NHS safe this winter – making sure everyone gets the right care in the right place.

A&E remains open for those who have a life-threatening emergency.

However, to ensure patients have the fastest access to the treatment they need, anyone with a non-life threatening condition who would usually go to A&E should now call NHS 24 on 111 first, day or night, to be directed to the right NHS service.

If A&E is the most appropriate place to provide the right care, patients will either be directly referred to A&E by NHS 24 or a telephone or video consultation with a senior clinical decision maker.

The remote consultation approach is designed to avoid unnecessary waits in crowded waiting areas and offer care much closer to home whenever possible. If senior clinical decision makers determine the patient needs to go to A&E, they may be offered an appointment to attend, and the team will know to expect them so they can be seen directly at that time.

NHS 24 on 111 is also there for those who need urgent medical attention but can't wait for their GP practice or dentist to re-open.

Those with life-threatening conditions including suspected heart attacks or strokes, severe breathing difficulties, severe bleeding, or severe injury should continue to go straight to A&E or call 999.

This new way of delivering urgent care has been designed to help people get the right care in the right place this winter, at time when there is increased pressure on NHS services.

From December, please:

- Use NHS inform to access advice on common symptoms, guidance for self-help, and where to go if further medical care is needed.
- Contact your GP practice during the day for an appointment or over-the-phone advice.
- Call 111 day or night when you need A&E but it is not life-threatening.
- Call 111 and select the Mental Health Hub to access mental health advice and guidance or call Breathing Space on 0800 83 85 87.
- Call 111 or use NHS inform out of hours when you are too ill to wait for your GP practice to open, or for worsening symptoms of COVID-19.
- Use NHS Inform to access the location of your local minor injuries unit for non-life threatening but painful injuries - such as a deep cut, a broken or sprained ankle or a painful burn injury.

For more information on these changes, please visit www.nhs.uk/services/right-care-right-place.



Covid-19 Resource & Support List

Fife Forum



Making
Community
Connections

As we entered the Covid-19 pandemic, the team at Fife Forum began to think about how they might be able to continue providing support to people and organisations throughout Fife.

Fife Forum started to collate a **Resource & Support List** which the staff went on to distribute among their work contacts. Since then, the list has grown, and we are now attempting to better present the information to assist the reader. As many of the provisions scribed provide more than one support over a variety of areas, we intend to now present the information by geographical area rather than service type.

Fife Forum aims to update this resource weekly (Thursday) and it is downloadable from our website www.fifeforum.org.uk.

Please feel free to distribute as widely as you see fit and contact Wayne at Fife Forum info@fifeforum.org.uk should you wish to include or amend information.

Staying Safe and Keeping Well



The festive period will be very different for everyone this year and it might feel overwhelming. It can be difficult to deal with extra stress and keep yourself well. Coronavirus restrictions and festive closures may mean the places where you get support at other times of the year are not available or have different opening hours. Therefore, the Adult Support and Protection Committee in partnership with Fife Alcohol and Drug Partnership have created the 'Staying Safe and Keeping Well' booklet. It can be used throughout the year and provides contact details of support organisations which anyone in Fife can use when trying to cope with difficult times.

The booklet is another step by the Adult Support and Protection Committee in their continuing effort to raise awareness of support available in the Kingdom and ensure people stay safe and well, now and throughout the rest of the year.

Remember you are not on your own. There are many reasons some people need just a bit more of a helping hand, and we want you to know that in these uncertain times it's ok to reach out for support.

The information is downloadable as a 36-page booklet from www.fife.gov.uk/adultprotection. A limited number of paper copies may still be available, please email shona.mcewan@fife.gov.uk to check availability.

Income Maximisation

Income maximisation can **help if you are experiencing any financial difficulties or struggling to repay existing debts**. Raising a family can be tough on anyone, particularly if you neither have the means, knowledge or confidence to deal with complex issues such as welfare benefits, debt and wider money management.

CARF are engaging with vulnerable families and individuals, to provide financial health checks, which aims to support families/people to maximise their income by ensuring they are not paying more for essential goods and service than needed and that they are getting all the benefits, grants and exemptions (council tax, energy) they are entitled to. Individuals can also access impartial debt and money advice through CARF services.

The Financial Health Check Worker plays a key role in improving access to financial health checks and process and deal with all incoming Financial Health Check referrals.



Citizens Advice and Rights Fife (CARF) is Fife's local Citizens Advice Bureaux accredited at Scottish National Standards for Information and Advice Providers at Level 2 and 3 for Welfare Benefits and Debt advice. CARF assist over 14,000 clients per annum, primarily with issues relating to welfare benefits and debt. In 2019/20, we gained over £12m on behalf of our clients.

We are keen to work alongside agencies in a collaborative way to achieve our vision of “a better life for the people of Fife” and currently deliver several projects alongside local and national partners.

For further information, contact Sarah Somerville, Business Development Manager on ssomerville@carfonline.org.uk.

Fife Sports and Leisure Trust

Charitable trust connects with health programme participants under Level 3 restrictions

Level 3 restrictions have seen Fife sport and Leisure Trust close its doors on its health programme designed to support those living with long-term health conditions – but now, steps are underway to stay connected with participants.

The measures have affected the delivery of the trust's health programme that supports people living with long-term conditions such as cancer, diabetes, dementia and COPD and means that participants are missing out for a second time since the March lockdown.

Following consultation with participants, the trust has identified that staying connected with instructors and fellow class members is as vital as the specially-designed physical activity sessions. The trust is using funds from its Fife Health and Wellbeing Fund to support a weekly outreach programme where instructors will make weekly contact with participants.

Many participants, many of whom are elderly, come back to centres when FSLT were able to re-open, so the Level 3 restrictions are a real blow for those who were enjoying getting out of the house and seeing their fellow classmates again. FSLT carried out a survey to find out what they could do to keep supporting participants this time round and overwhelmingly they said that staying connected was vital to their mental and physical wellbeing.

Instructors will contact users of the health programme weekly either by phone call, Zoom class, WhatsApp video call, or, a socially distanced walk outdoors. The alternative delivery model has been in place for 2 weeks and will continue until face to face sessions can resume. Participation has remained high, with many enjoying the social contact with class mates and instructors.



Twitter: [@FifeLeisure](https://twitter.com/FifeLeisure) / Facebook: [@fifeleisure](https://www.facebook.com/fifeleisure) / Web: www.fifeleisure.org.uk/health-and-wellbeing

How to get in touch

Like us on Facebook: www.facebook.com/FifeHSCP

Follow us on Twitter: www.twitter.com/FifeHSCP

For all other queries regarding Health and Social Care Locality Planning, please contact:
Heather Gibson, Locality Development Coordinator, Fife Health and Social Care Partnership on
heather.gibson-nhs@fife.gov.uk

www.fifehealthandsocialcare.org/your-community/

The Partnership provides accessible communication in a variety of formats including for speakers of community languages or for those who require easy read versions. Formats are also provided for those who speak BSL or read Braille. A text messaging service is available for those who are Deaf or Hard of Hearing which will help you communicate with Partnership services.

To find out more about accessible formats and the text messaging service contact:
Fife-UHB.EqualityandHumanRights@nhs.net or phone **01592 729130**