

# Fife Health & Social Care Localities Newsletter

Issue 1 – Autumn 2018



Welcome to our first Localities Newsletter which we hope helps to keep you updated on the latest news in your communities.

HSCPs are required to produce and deliver strategic plans every three years, therefore we are continuously in a cycle of planning, implementing and reviewing our work. In the future locality planning groups will inform this ongoing cycle to reflect and respond to local need.

**Our vision is to set out** accessible, seamless, quality services and support that are personalised and responsive to the changing needs of individuals, designed with and for the people of Fife.

**Our aim is to support the people of Fife** to live well, by developing our services to be more joined up - improving the services people need, when they need them – especially for those with long term conditions and disabilities.

---

*“We want everyone in Fife – of whatever age – to thrive and live well.  
Our work in Localities is essential to make that happen.”*

---

We want Localities to improve population health outcomes and reduce inequalities through targeted interventions, by:

- Supporting people to successfully manage their own health and wellbeing.
- Reducing the number of people who have heart disease, stroke or diabetes.
- Reducing pressures on GPs, so that clinical need is not overtaken by social need.
- Reducing unnecessary emergency admissions to hospital.

Putting the needs of people and communities first will bring together GPs, hospitals, health workers, social care staff, voluntary and independent care providers, in the seven localities, and will share information to help plan and deliver services.

We'll share more details with you in our next newsletter but for now let us tell you what has happened so far in our localities.

**Fiona McKay**

**Head of Strategic Planning, Performance and Commissioning**

## The journey so far ...

### Health & Social Care Integration

April 2016 triggered one of the biggest transformations of health and social care services in Scotland – to have health and social care services delivered jointly, locally and as effectively as possible.

In Fife, this meant a vast range of services from NHS Fife and Fife Council's Social Work Services transferred over to Fife's Health and Social Care Partnership to meet this aim and to support people to live healthy, independent lives.

These include:

- all adult and older people social work services
- community health services e.g. district nursing, physiotherapy and mental health services
- children's community health services e.g. health visiting
- housing services which provide support services to vulnerable adults and disability adaptations; and
- the planning of some services provided in hospital e.g. medical care of the elderly.

The seven locality areas are:

- Cowdenbeath (includes Lochgelly, Kelty and Cardenden)
- City of Dunfermline
- Glenrothes (includes Thornton, Kinglassie and Leslie)
- Kirkcaldy (includes Burntisland and Kinghorn)
- Levenmouth (includes West Wemyss, Buckhaven, Methil, Methilhill, Kennoway and Leven)
- North East Fife (takes in Auchtermuchty, Cupar, Taybridgehead, St Andrews, Crail and Anstruther)
- South West Fife (includes Inverkeithing, Dalgety Bay, Rosyth, Kincardine, Oakley and Saline)



GPs and their teams have a central role in enabling people to manage their health and in helping them engage with the supports they need in their communities.

Dr Helen Hellewell, Glenrothes Locality GP Lead says:



“Having GPs involved and providing leadership in our Health & Social Care Locality Planning Groups is vitally important, as GPs we are often the first port of call for the public. It is my intention to support better connections between GPs, members of the public, staff from across the Health & Social Care Partnership, third and independent sectors to plan and influence the redesign of local health and social care services, particularly in the Glenrothes Locality, for now and for future generations.”

## Health & Social Care Locality Planning Update

An important part of Fife Health & Social Care Integration is the creation of Localities, bringing decision making about Health & Social Care local priorities closer to communities.

June 2018 saw the completion of the first phase of the Locality Planning Wider Stakeholder events and the identification of initial priorities for each locality. These Locality Planning Wider Stakeholder Groups are made up of representatives of all key stakeholders and have contributed to the development of agreed priorities for each locality.

Work is now underway, with the implementation of Locality Planning Core Groups, to address the agreed priorities within each of the localities, in partnership with communities, professionals and individuals.

Our understanding of our seven localities is taken from

- (Area Profiles) Both national and local data and statistics.
- Experience and knowledge of people who use services and staff working in the localities who attended engagement and subsequent locality meeting/events across the seven localities.

Thank you to everyone who contributed to identifying the initial priorities for each locality. Information on these agreed priorities are available in the [Fife Health & Social Care Annual Report](#).

## Spotlight on The Well

You said you wanted us to make it easier for everyone to access information.

We've listened, and working with support from the National Development Team for Inclusion Community Led Support (CLS) Programme, Fife's Health & Social Care Partnership are delighted to launch its first information point – The Well.

### The Well can help you:

- to access a wide range on information to help make informed choices on your health and wellbeing
- the opportunity to chat to health and social care staff and locality community groups and voluntary organisations and
- get support to see what is on in your community and how to get involved.

The Well opened its doors to the public at the Kennoway Community Shed in July and Methil Library in September this year.



*From left Michael Kellet, Cllr David Graham, Bob McPhail, Fiona McKay and Cllr David Alexander*



*A friendly and comfortable environment to meet.*

Look out for The Well rolling out to your locality.

**The Well** will run every Tuesday and Thursday:

Tuesdays: Methil Library, Wellesley road, 1.30 to 3.30pm

Thursdays: Kennoway Community Shed, Colands Park, 10am to 12 noon.

Come along and get involved.

## Happy Birthday Methil Al-Anon Family Groups

Al-Anon Family Groups is a charity which supports the families and friends of problem drinkers. In July this year the Methil branch celebrated their first birthday.

For every person that has an alcohol problem, there are a least a further seven people who are also affected – by going to group meetings and sharing experiences and getting support helps to deal with the trauma.

If you would like to find out more or get involved visit the website at [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk).

## Fife Macmillan Improving the Cancer Journey (ICJ)

To support the people in Fife living with cancer, Macmillan Cancer Support has invested £1.1m to work with community partners such as Housing, voluntary agencies, health professionals, trusts and financial support agencies.

For those affected this can be a difficult time and different types of support is needed – from how to cope financially, worries around employment and the emotional stress the impact of a diagnosis can have on family and friends. Our new Improving the Cancer Journey is focused on getting practical and emotional support much quicker and easier, from the point of diagnosis. Helping to get this new service of the ground are local area co-ordinators Mary Lynch and Sharon Breeze.

The ICJ approach is currently available in Leven, Kirkcaldy and Cowdenbeath – it is early days and the learning and feedback from these areas will help develop and develop the vital cancer support service further and rolling out across Fife later this year.

To find out more contact:

- Jacquie Stringer (Service Manager) – [Jacquie.Stringer@fife.gov.uk](mailto:Jacquie.Stringer@fife.gov.uk)
- Sharon Breeze (Local Area Co-ordinator) – [Sharon.Breeze@fife.gov.uk](mailto:Sharon.Breeze@fife.gov.uk)
- Mary Lynch (Local Area Co-ordinator) – [Mary.Lynch-sw@fife.gov.uk](mailto:Mary.Lynch-sw@fife.gov.uk)



Mary Lynch



Sharon Breeze

## Fife's pharmacies – here to help

Did you know that in Fife there are 85 community pharmacies? All 85 of these pharmacies are an accessible source of healthcare, treatment and advice. They offer a wide range of services known as the minor ailment service (MAS) which includes support to stop smoking and managing long term conditions such as asthma, diabetes and heart disease.

Any concerns over minor ailments, the pharmacists and their staff are on hand to help and provide advice.



## Are you a carer?

A new law has been introduced to provide more support to carers – with an emphasis on helping carers to help themselves to thrive and live fulfilled and active lives alongside their caring role.

In Fife we have supported our carers for many years and have developed a Fife Carer's Strategy that shows how we will continue to develop the support for our adult carers. Our carers have been instrumental in providing feedback on the areas we need to improve on. This included:

- Better information and guidance for carers to help in their caring role.
- More effective practical support including better coordination of care.
- Having the opportunity to take short breaks from caring.
- Help to get social support.
- Help to achieve a better quality of life and balance of caring.

We continue to work with carers and are committed to delivering on the key areas of focus.

For more information visit <http://www.fifehealthandsocialcare.org/>.

www.fifehealthandsocialcare.org

Fife Health & Social Care Partnership

**Carers Strategy for Fife  
2018 – 2021**

"Carers will have access to high quality information at a time and place that best meets their needs, which enables them to make positive choices to thrive and flourish as a carer for as long as they want to, and to live a happy and fulfilling life alongside their caring role".

NHS Fife Supporting the people of Fife together Fife Council

## What's on at the Kennoway Community Shed?

Want to feel part of something, achieve or learn new skills, make a difference to your village or meet new friends?

Whether you are retired, unemployed, or not able to work just now, why not come along and give the group a try. We offer encouragement, support and company for each other.



We aim to:

- improve our village through various projects – flower planters, bird boxes, squirrel boxes
- be active in improving the town centre, and green spaces

Activities you can take part in include:

- learn cooking/baking - making cheap and nutritious meals
- cross stitch
- make greeting cards
- build model boat kits then see them working in the water
- learn basic computer skills
- look at old photos
- talk about the 'guid auld days' or
- just chat over a cuppa and set the world to rights!

=====  
**Kennoway Community Shed**  
 Every Tuesday and Thursday:  
**Where:** Kennoway Community Shed, Cotlands Park  
**When:** 10am to 2.30pm.  
 =====

Want to get involved – please pop along.

## What do our partners think?

### Fife Voluntary Action



Joanna Clark, Head of Health and Care, Fife Voluntary Action

“Fife Voluntary Action have enjoyed being closely involved in the development of the H&SC Locality Planning Groups over the last year or so. We have encouraged organisations and groups to engage when and where they can in this journey.

There is a real appetite within the sector to participate and support in the transformation in H&SC locally and plenty of innovative ideas and experience on offer. Christine Davison and I are very pleased to see the third sector so engaged in this planning and development phase of Fife’s new Health and Social Care future and we are feeling positive about what happens next.”

## Fife Partnership

The Plan for Fife is our new 10 year Community Plan for all the public services in Fife. It is focused on building a fairer Fife with actions around 4 themes:

- Opportunities for All
- Thriving Places
- Inclusive Growth and Jobs
- Community Led Services



The Plan for Fife puts a strong emphasis on looking at how we work together especially at a local level.

Fife Health & Social Care Partnership contributes to the Plan for Fife within its priorities **Opportunities for All** and **Community Led Services**.



**Michael Enston**, Executive Director,  
Communities, Fife Council

“The Plan gives us the opportunity to look afresh at how well different services and agencies are working together locally. Effective local community planning is key to achieving the Plan for Fife outcomes and therefore we all need to be looking at how we can best simplify joint working arrangements and join up our respective plans. With everyone’s involvement we can use this to create a stronger platform for collaboration and learning across different services and teams.”

## Tools to help you

### Wellbeing Point

We believe in supporting people to look after and improve their own health and wellbeing and live in good health for longer and we are delighted to launch the Wellbeing Point.

Wellbeing Point is an online tool, developed by Penumbra, a mental health charity and funded by the Scottish Government and can quickly, clearly and easily signpost local and national health and wellbeing information.

Visit the site to find out more - <https://wellbeing-point.wixsite.com/the-well>



### Having difficulties at home?

We often worry about getting older and how we can stay at home independently for as long as possible.

If you are beginning to have difficulties at home then Smart Life in Fife may be able to help. Smart Life provides advice and information on services on health and mobility and a list of equipment available on loan to aid mobility from Fife Community Equipment Store.

To start the process visit [www.smartlifeinfife.org](http://www.smartlifeinfife.org) and start your self-assessment.



### On your doorstep ...

Local people can search On Your Doorstep for a range of advice, information and support by visiting [www.onyourdoorstepfife.org](http://www.onyourdoorstepfife.org)

Are you an organisation? Would you like to register onto the On Your Doorstep website? You can register by visiting: [www.onyourdoorstepfife.org](http://www.onyourdoorstepfife.org)

